



# Berkley Parks & Recreation

Instructor: Jennifer Lopez

# ZUMBA®

## Zumba®

**Perfect For:** Everybody and every body! Each class is designed to bring people together to sweat it on.

**How It Works:** We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

**Benefits:** A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

## Zumba® Step

**Perfect For:** Those who are looking to feel the burn, baby! Looking to strengthen and tone your legs and glutes? Step right up.

**How It Works:** We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness party only Zumba® brings to the dancefloor.

**Benefits:** Zumba® Step increase cardio and calorie burning, while adding moves that define and sculpt your core & legs.

## Zumba® Gold

**Perfect For:** Active older adults looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

**How It Works:** This class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

**Benefits:** Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

Six week Sessions. Ages 16 & Up

1 Class \$31 resident

2 Classes \$55 resident

3 Classes \$73 resident

\*+ \$5 Non-resident fee if applicable

Drop-in to any class for just \$7

## Late Fall Schedule

### Monday Zumba® Step

Starts: November 7

Time: 11:15 am - 12:10 pm

### Monday Zumba® Gold

Starts: November 7

Time: 5:15 - 6:00 pm

### Monday Zumba®

Starts: November 7

Time: 6:00 - 6:45 pm

### Tuesday Zumba® Gold

Starts: November 1

Time: 10:00 - 10:45 am No Class 11/8

### Tuesday Zumba®

Starts: November 1

Time: 8:00 - 8:55 pm No Class 11/8

### Wednesday Zumba® Gold

Starts: November 2

Time: 5:15 - 6:00 pm No Class 11/23

### Wednesday Zumba®

Starts: November 2

Time: 8:00 - 8:55 pm No Class 11/23

### Thursday Zumba®/Zumba® Gold

Starts: November 3

Time: 11:15 am - 12:10 pm No Class 11/24

### Saturday Zumba® Gold

Starts: October 29

Time: 9:00 - 9:45 am No Class 11/26 or 12/10

### Saturday Zumba®

Starts: October 29

Time: 10 - 10:55 am No Class 11/26 or 12/10

Sign up today at the

Berkley Community Center

2400 Robina 248-658-3470

or online at [www.berkleymich.org](http://www.berkleymich.org)