

# Zumba® at Berkley Parks & Recreation



## Fall Schedule

### 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 & World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Super fun? Check & check.

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

### 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 \$8**

### Monday AM Zumba®

**Instructor: Linda Johnson**

**Time: 11:45 am - 12:40 pm**

**Mondays Start:** September 17 and November 5

No Monday classes November 12

### Tuesday Zumba®

**Instructor: Jennifer Lopez**

**Time: 8:30 - 9:25 pm**

**Tuesdays Start:** September 25 and November 13

No class on Election Day, November 6

### Wednesday AM Zumba®

**Instructor: Linda Johnson**

**Time: 11:45 am - 12:40 pm**

### Wednesday PM Zumba®

**Instructor: Linda Johnson**

**Time: 8:00 - 8:55 pm**

**Wednesdays Start:** September 12 and November 7

No class September 26 or November 21

### Thursday Zumba®

**Instructor: Jennifer Lopez**

**Time: 8:30 - 9:25 pm**

**Thursdays Start:** September 20 and November 1

No Thursday class November 22

### Saturday AM Zumba®

**Instructor: Jennifer Lopez**

**Time: 9:00 - 9:55 am**

**Saturdays Start:** October 20

No Saturday class November 24