

Zumba® at Berkley Parks & Recreation



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? Super fun? Check & 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 Gold®

Perfect For: Active older adults who are looking for a modified Zumba® class that recreates the all 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 & 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 \$8

Schedule

Monday AM Zumba®

Instructor: Linda Johnson

Time: 11:30 am - 12:25 pm

Monday PM Zumba®

Instructor: Jennifer James

Time: 6:00 - 6:55 pm

Mondays Start: March 5, April 23

No Monday classes April 2 or May 28

Tuesday Zumba Gold®

Instructor: Jennifer Lopez

Time: 6:30 - 7:15 pm

Tuesday Zumba®

Instructor: Jennifer Lopez

Time: 7:30 - 8:25 pm

Tuesdays Start: February 27, April 24

No Tuesday classes April 3

Wednesday AM Zumba®

Instructor: Jennifer Lopez

Time: 11:30 am - 12:25 pm

Wednesday PM Zumba®

Instructor: Linda Johnson

Time: 8:00 - 8:55 pm

Wednesdays Start: Feb 28, Apr 18

No Wednesday classes April 4

Thursday Zumba®

Instructor: Jennifer Lopez

Time: 8:30 - 9:25 pm

Thursdays Start: March 1, April 19

No Thursday classes April 5

Saturday AM Zumba®

Instructor: Jennifer Lopez

Time: 11:00 - 11:55 am

Saturdays Start: March 10

No classes Mar 24 or 31 or Apr 14 or May 5