

Zumba® at Berkley Parks & Recreation



Winter 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: January 7 & March 4

No Monday classes Jan 21, Feb 18 or April 1

Tuesday Zumba®

Instructor: Jennifer Lopez

Time: 8:30 - 9:25 pm

Tuesdays Start: January 8
and February 26

No class on February 14

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: January 9
and February 27

No classes on February 13

Thursday Zumba®

Instructor: Jennifer James

Time: 6:00 - 6:55 pm

Instructor: Jennifer Lopez

Time: 8:30 - 9:25 pm

Thursdays Start: January 10
and February 28

No Thursday classes February 14 or April 4

Saturday AM Zumba®

Instructor: Jennifer Lopez

Time: 9:00 - 9:55 am

Saturdays Start: February 9

No Saturday class March 2