



| Location | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|-----------------------------|--|------------------------------|---|--|
| Paul Derda Recreation Center 13201 Lowell Blvd. | | | 7:45 pm Zumba Shandra | | 4:25 pm Zumba Michelle | | |
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| Broomfield Community Center 280 Spader Wy | | 9:00 AM Zumba Michelle 6:15 PM Zumba Keri | | 9:00 AM Zumba Michelle 6:15 PM Zumba Kelly | | 9:30 AM Zumba Toning Keri | 10:00 AM Aqua Zumba Kelly SS members welcome |
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| Broomfield Community Center 280 Spader Wy | | 12:00 pm Zumba Gold Sue SS Members welcome (45 minutes) | | 12:00 pm Zumba Gold Sue SS Members welcome (45 minutes) | | All classes are 60 minutes in length, unless the time is listed. | |

WHAT IS ZUMBA?

Zumba

Founded in 2001, Zumba Fitness is a global lifestyle brand that fuses fitness, entertainment and culture into an exhilarating dance-fitness sensation! Zumba® exercise classes are "fitness-parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration. No dance experience is necessary. You do not need to be a Broomfield facility member to attend classes. Zumba classes are open to ages 12 and up. The first class is free! No pre-registration is required to drop in for your trial class. Zumba passes are sold through the front desk at BCC or PDRC. More information about our program is available at www.myzumbaclub.com. For any further questions contact Carol for more information at 720-201-3607 or email carolcasper@comcast.net.

BROOMFIELD ZUMBA PRICING:

Options:

Monthly unlimited pass. \$35/month....Attend as many classes as you like in a calendar month.

10 Class Punch pass. \$55/10 punch pass. Punches are stored electronically on Broomfield Recreation ID card. Valid for 6 Months from purchase. Attend classes when it's convenient.

Drop in fee: \$10 Drop in with PDRC Annual pass: \$5

FREQUENTLY ASKED QUESTIONS:

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| 1. Q. Can I do Zumba if I have not dance experience? the moves. | A. Yes, Zumba is fun and anyone can do it. It just takes a few classes to pick up |
| 2. Q. I haven't worked out for awhile. Can I do Zumba | A. Yes, Zumba is primarily low impact and easy to modify. |
| 3. Q. How old do I have to be to do Zumba? | A. 12 Years old in Broomfield facilities. |
| 4. Q. How many calories will I burn in Zumba? | A. Depending on your size and fitness level, approx. 500-700/hour |
| 5. Q. What do I wear to Zumba? | A. Your workout clothes and shoes. |

6. Do I have to pre-register for my first class?

A. No. Just show up a few minutes early to sign a liability waiver. It's that easy.

7. What is Zumba Gold?

A. Zumba Gold classes are designed for active older adults.