Zumba at PDRC

Sunday 5:00-6:00 PM
Monday 7:45-8:45 PM
Wednesdays 7:45-8:45 PM
Fridays 4:25-5:25 PM
Saturdays 10:30-11:30 AM

Zumba at BCC

Tues/Thurs 9-10 AM
Saturdays 8:15-9:15 AM

2013 Zumba Pass Special!!!

Unlimited Monthly Pass $35/Month
(valid at both recreation centers)

Passes cannot be prorated, for the best value purchase by the 1st of the month!!

Your first class is always free no need to pre-register, just drop in any time for your first class.

www.MyZumbaclass.com

Regular pricing:

10 Class Punch Pass $55
5 Class Punch Pass $35
Drop in $10 (Annual Members $5)
Punch passes valid at both facilities for 6 months from purchase.

ABOUT ZUMBA

Lets face it, working out can be healthy, rewarding, beneficial… working out can be lots of things, but its never been known to be much fun… UNTIL NOW!

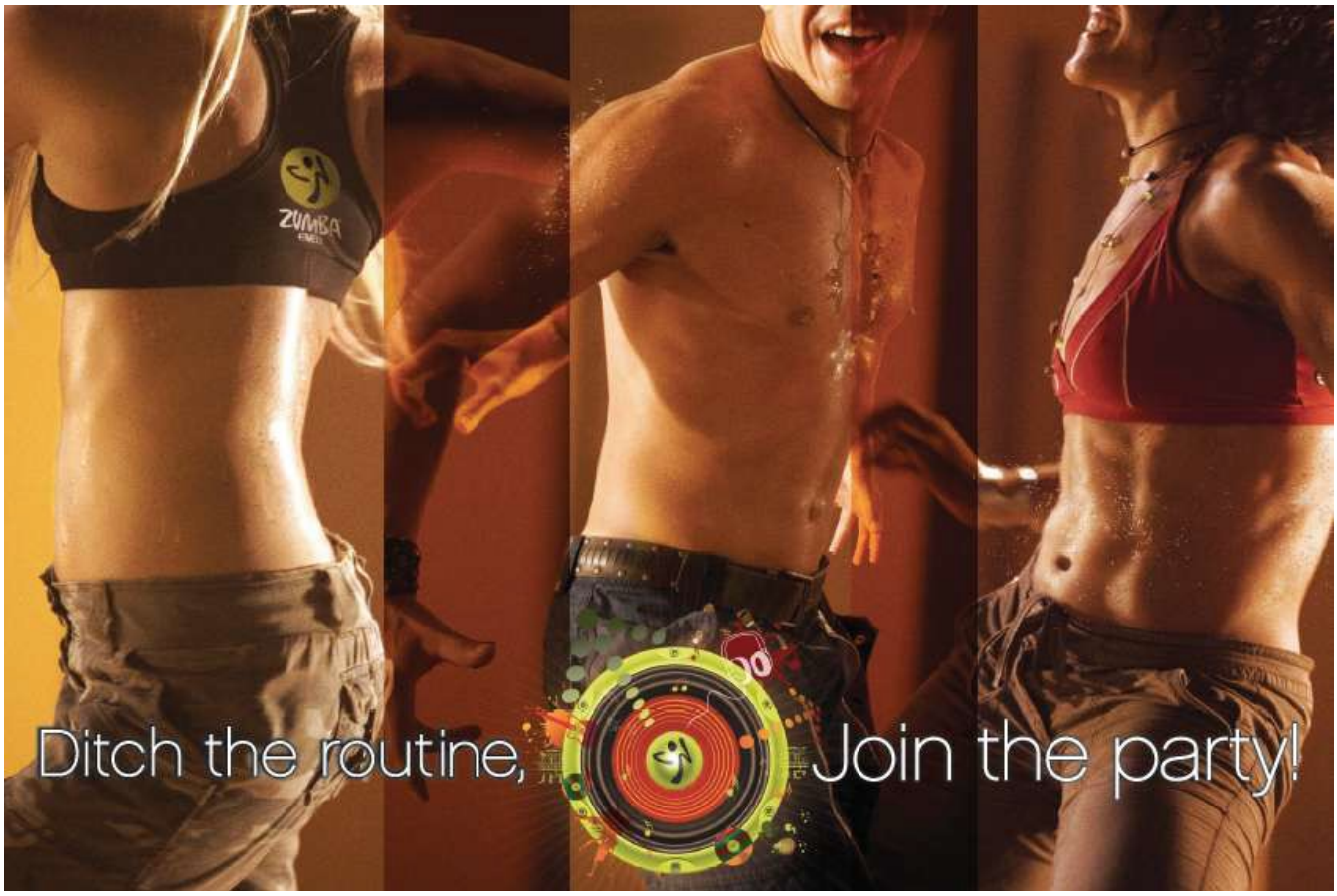
Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO!

Our goal is simple: We want people to want to work out, to love working out, to get hooked. By integrating Zumba into everyday life individuals may achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric burning, heart racing, muscle pumping, body energizing movements meant to engage and captivate for life.

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got ZUMBA!
In the past years Zumba has become nothing short of a revolution.

Coining the concept of "fitness-party" and making fitness fun, Zumba has spread like wild-fire, and has positioned itself as the single most influential movement in the industry of fitness.
As of February 08, Zumba has sold over 3 million DVD's, accrued more than 11,000 instructors in thirty-five countries, and has a whopping 2 million students practicing Zumba on a weekly basis. Why? Because it's the best party around.

ZUMBA® FITNESS



Join the fastest growing fitness craze in the world. You will love the benefits of Zumba and it's more fun than any other workout out there. Zumba class participants can burn up to 800 calories in a one hour class. There are no dance skills required, Zumba is for everyone.

For more info go to www.MyZumbaClass.com
Or call Carol at
720-201-3607

Cash, Checks and all major credit cards accepted
Please make checks payable to “Streetlight Studios”