



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		
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	
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?

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## 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](http://www.myzumbaclub.com). For any further questions contact Carol for more information at 720-201-3607 or email [carolcasper@comcast.net](mailto:carolcasper@comcast.net).

## BROOMFIELD ZUMBA PRICING:

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### 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?<br>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.