Zumba® at Berkley Parks & Recreation

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 & flexibility, boosted energy & a serious dose of awesome each time you leave class.

Mondays or Tuesdays 6:30 - 7:15 pm Beginning January 10 & 11
Six Week Sessions. Ages 16 & Up Instructor: Pamela Z
$66 resident + $5 Non-resident fee if applicable
Drop-in to any class for just $12

Berkley Parks & Recreation 2400 Robina 248-658-3470 recreation.berkleymich.org