

## **Zumba at PDRC**

Sunday 5:00-6:00 PM

Wednesdays 7:40-8:40 PM

Fridays 4:25-5:25

Saturdays 10:30-11:30 AM

## **Zumba at BCC**

Tues/Thurs 9-10 AM

Saturdays 8:15-9:15 AM

**Classes are ongoing, punch passes sold at front desk in BCC and PDRC. Passes are valid for both centers.**

**Your first class is always free so come and try it without risk**

**Wear your workout clothes and your smooth soled sneakers. Don't forget your water.**

**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.**

**For more info go to [www.MyZumbaClass.com](http://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"**



**ZUMBA®**  
FITNESS



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FITNESS

## 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!

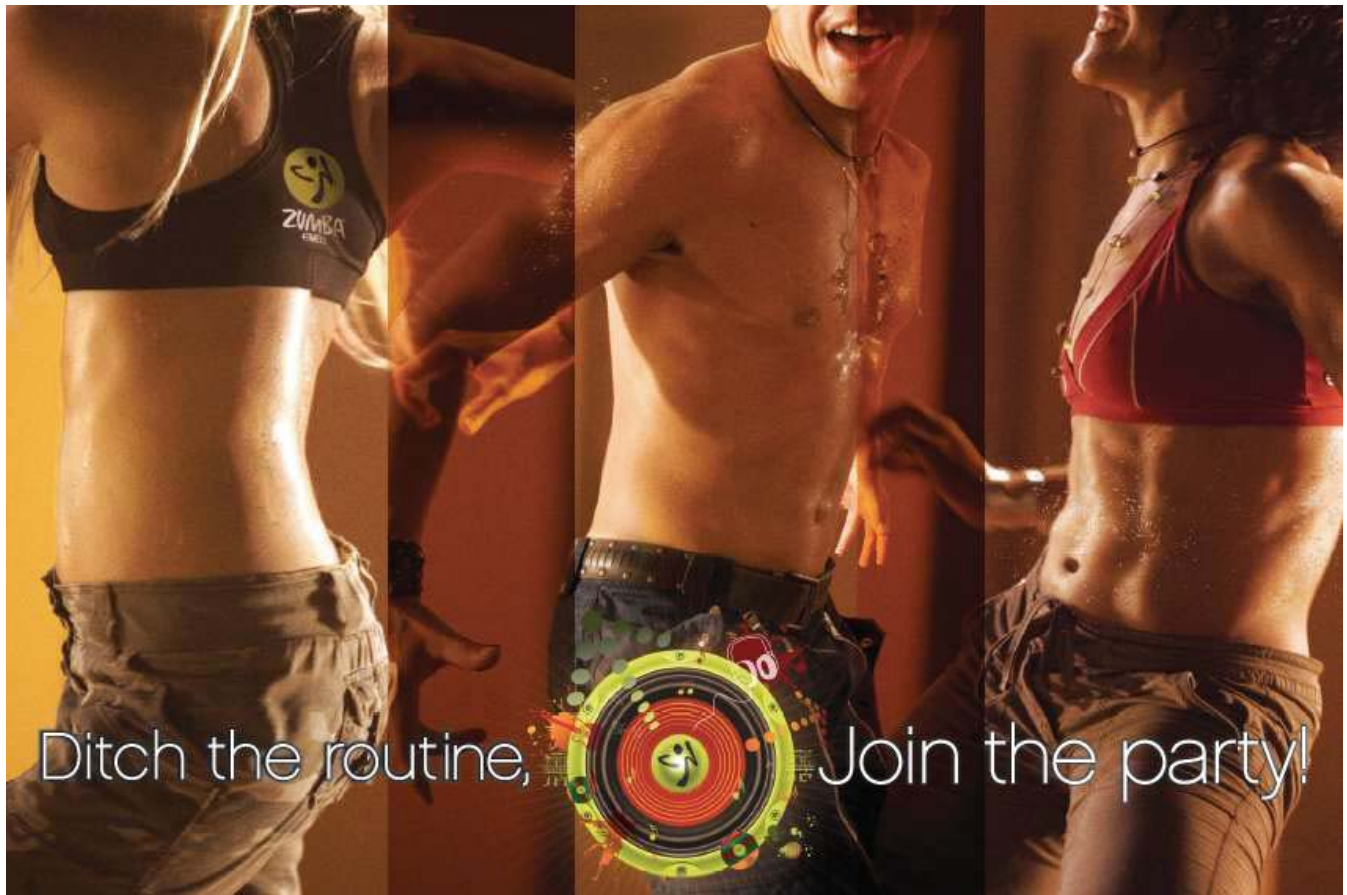
Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO!

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





**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.**