**Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. If you have a question, please contact Theresia Vestal at theresiazumba@gmail.com or 720-936-7688. Classes are ongoing and newcomers are welcomed to join in at anytime. Your first class is free.**

***Tuesdays & Thursdays, 7:40-8:40pm***
***Sundays 3:30-4:30pm***
***Fee: 10 visit punch card: $50 • Drop-In: $8***

Lafayette Zumba Punch passes are sold at the front desk and are valid for 6 months.

***Zumbatomic! Zumba for Kids**

**Kids love to crank up the music, shake, wiggle and have a blast with their friends just like the adults! So why not get fit while they're at it? This course teaches Zumba's exciting formula with the psychology and physiology relevant to kids. See page 25 for details!**

**Join us each week in February for our**

# *red dress*
## CAMPAIGN
***The Heart Smart Truth***

THE heart TRUTH™

**This program is to raise awareness among local women that heart disease is their #1 health threat. The Lafayette Recreation Center activities are in partnership with The Heart Truth, a national awareness campaign warning women about their risk of heart disease.**

Cardio Fitness Challenge Grand prize winners will be announced on March 5.

***Week 1***
FRIDAY, FEBRUARY 1
**Red Dress Campaign Kick Off National Wear Red Day**
Stop by the table in the entry way…pick up educational materials with heart health information, register to win door prizes, purchase your red dress pin and WEAR RED.

***Week 2***
FEBRUARY 4-8
**Heart Healthy Workshop**

***Week 3***
FEBRUARY 11-15
**Heart Healthy Workshop**

***Week 4***
FEBRUARY 17-23
**Cardio Fitness Challenge**
After every heart - healthy fitness class you attend this week, register for great prize giveaways. Enter up to 5 times. Qualifiying classes will be listed at the front desk.