



ZUMBA®

Come join the party with Brittanie!

Perfect for: Everybody and Anybody! No dance experience needed!

Saturdays 8:30 am – 9:15 am

***January 20 – March 10
High School – Room 2000***

Minimum number of participants – Register by January 16

Cost: \$35

Drop-ins Welcome for \$6 per class!

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 and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

In case of inclement weather and/or school is canceled or dismissed early, class will be canceled and will not be rescheduled.

By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with Lodi School District Recreation and Education Program activities and events organized by The School District of Lodi.

I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights. I have signed this Agreement freely, voluntarily, under no duress. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all liability to the full extent of the law. I am 18 year of age or older and mentally competent to enter into this waiver.

<p>Any Questions Contact 592-1076</p> <p>Mail Form to: CREW 1100 Sauk St Lodi, WI 53555</p>	<p>Method of Payment:</p> <p>Cost: \$35 for entire Session Or \$6 per class (drop in fee)</p> <p><input type="checkbox"/> Check (make payable Lodi School District) <input type="checkbox"/> Cash (drop off only to Pool Lobby)</p>	<p>_____ Name</p> <p>_____ Address</p> <p>_____ Phone</p> <p>_____ Email</p> <p>_____ Signature</p>
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