

LP Recreation
presents...

Zumba

6-week class - \$50

Classes are in the meeting room so space is limited!
Pre-Registration is recommended.

Monday Evenings beginning Feb 8
6-7pm @ the PAL/Community Center

What is Zumba? "Zumba" is a slang Columbian word meaning to buzz like a bee or to move fast. It is part dance, part aerobics...it is an hour-long routine that works almost every muscle in the body. Zumba is for EVERYONE!

The Routine: Features interval-training sessions where fast & slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. This Latin-inspired dance/fitness program is the workout participants can't wait to do. Please wear comfortable clothing & a sneaker or fitness shoe with a flat base.

The Goal: Our goal is simple, we want you to workout, to love working out, and to get hooked. Join the party and burn up to 1,000 while having some fun!

Name _____

Address _____
town state zip

Home Phone _____

E-Mail: _____
(for class info such as cancellations or future classes & events)

Waiver & Consent: I acknowledge that I am in suitable physical condition to participate in the Recreation Program that I have registered for and I hereby agree to assume any risks involved. I certify that I am fully capable of participating in this recreational sport, activity, or program and that I have no physical or mental disability that would restrict full participation. I do hereby waive, release, indemnify and agree to hold harmless the Borough of Lincoln Park, its directors, superintendents, employees and volunteers from any liability and/or for any injury that may be suffered by myself in the normal course of participation in the sport and the activities incidental thereto, whether the result of any negligence or any other cause. In the event I am unable, I grant permission to receive emergency professional medical care as deemed necessary by the Recreation Staff. I agree to abide by the Rules and Regulations of the Lincoln Park Recreation Department. I also agree to follow the Rules and Regulations of the Recreation Zumba

Signature: _____