



ZUMBA® Fitness!

for men or women ages 16-99



Thursdays

February 11-April 8, 2010

6:30-7:30 PM

SLP High School

(former Kenneth Hall cafeteria - use entrance #29)

\$32

Love to GROOVE - but hate to workout? Then ZUMBA® is perfect for you - it's exercise in disguise! ZUMBA® fuses hypnotic Latin rhythms and easy-to-follow moves to create a fun and dynamic fitness system that will literally blow you away! Additionally, ZUMBA® is a fantastic core workout and provides great interval training. Each explosive workout burns 400-1000 calories and is suitable for men and women of all ages, shapes, and fitness levels.

Bring: a towel and water bottle - you'll need both!

Wear: breathable, loose clothing and shoes with very little sole, like dance slippers or a light-treaded cross-training shoe - to allow ease of pivotal/rotational movement.

Instructor Molly Furgeson says ZUMBA® has brought zest, joy and happiness to her life and she can't wait to share what she has learned with you. Register now for this exciting new fitness rage! Come and join the party!

Find out more about ZUMBA® at <http://zumbalove.yolasite.com>

Please mail/bring registration and fee to Community Education in the District Services Center, 1415 81st Ave NE, SLP 55432. Register on-line at www.springlakeparkcomservices.com or phone 763-786-1338.



Return the lower portion only along with fees to Community Education, 1415 81st Ave. NE, SLP 55432

ZUMBA® Fitness
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\$32
ZumbaW10



First Name	Last Name	Address	City	Zip
home phone number (include area codes) daytime/work #			Age Group: <input type="checkbox"/> 19-54 <input type="checkbox"/> over 55	
		cell phone #	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	

In consideration of your accepting this entry, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against ISD 16 School Board and its representatives, successors, and assigns for any and all injuries suffered by myself while participating in this activity.

Adult signature (required)

PRINT name here

e-mail address (for registration confirmation) _____

Visa, Discover or MasterCard # _____ Expiration (MM/YY) _____