

LP Recreation presents...

Zumba

STAY FIT IN 2012

Tuesday Nights 7:30-8:30pm

@ the Municipal Complex Meeting Room

4-week pre-package - \$35

drop-in-fee = \$10 per session

Latin Inspired Dance Fitness: Join The Party!!!!

With Certified Instructor Danielle Miller

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will make you love working out.

Fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning up to 1000 calories an hour!

Name _____

Address _____
town state zip

Home Phone _____ Date of Birth: _____

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: _____

NO REFUNDS



2012
Fitness Resolution
FREE class

Tuesday, January 10
7:30pm
in the PAL GYM