

Lincoln Park Recreation presents...

Zumba

Tuesday Evenings

7pm - 8pm

PAL/Community Center Gym
10 Boonton Turnpike
Lincoln Park NJ

Latin Inspired Dance Fitness with Certified Instructor Kaitlin Carmoega

Zumba combines hypnotic Latin rhythms and easy to follow moves to create a unique fitness program that will make you love your workout. Fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning up to 1000 calories an hour!

\$10 walk-in fee

\$35/Package of 4 Classes

\$80/Package of 10 Classes

Class Packages are "interchangeable with other fitness classes"

FREE Introductory
Class on Tuesday,
January 22nd!



Name _____ D.O.B.: _____

Address _____
street address _____ city, state, zip _____

Home Phone _____



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

Emergency Contact Name & Number:

cash, check or money order
NO REFUNDS

Open to Residents and Non-Residents

Waiver & Consent: I acknowledge that I am or my child is in suitable physical condition to participate in the recreation program, activity, sport, trip or event that I have registered for or have registered my child for & I hereby assume any risks involved by such participation. I certify that I am or my child is fully capable of participating in this recreational program, activity, sport, trip or event & that I do not have or my child does not have any physical or mental disability that would restrict full participation. For me & on behalf of my child, I do hereby waive, release, indemnify & hold harmless the Borough of Lincoln Park, its directors, superintendents, employees & volunteers from any liability &/or for any injury or damages that may be suffered by me or my child in the course of participation in the recreation program, activity, sport, trip or event & the activities incidental thereto, whether the result of any negligence or any other cause. In the event I am unable or unavailable to do so, I grant permission to receive or have my child receive emergency professional medical care as deemed necessary by the Recreation Staff. I agree to abide by the Rules & Regulations of the Lincoln Park Recreation Department & those of the venue that the Lincoln Park Recreation Department is visiting.

Photo Waiver Acknowledgement: Lincoln Park Recreation reserves the right to photograph attendees throughout the course of their events. As an attendee &/or on behalf of my child, I hereby grant permission to the Borough of Lincoln Park, its directors, superintendents, employees & volunteers to photograph me &/or my child & use the images solely for public relations purposes &/or the social media pages of the Borough of Lincoln Park. I do hereby waive, release, indemnify & hold harmless the Borough of Lincoln Park, its directors, superintendents, employees & volunteers from any liability &/or for any injury or damages that may be suffered by me or my child as a result of the taking or use of the photograph & images obtained in the course of participation in the recreation program, activity, sport, trip or event & the activities incidental thereto, whether the result of any negligence or any other cause.

Participant Name _____ Signature _____ date _____

Lincoln Park Recreation / 34 Chapel Hill Rd, Lincoln Park, NJ 07035
www.lincolnpark.org / e-mail: lprecreation@bolp.org / phone: (973) 694-6100 ext #2206 Lincoln Park Recreation / 34 Chapel Hill Rd, Lincoln Park, NJ 07035