



# ZUMBA<sup>®</sup> FITNESS

**When:** October 5- November 9, 6 - 7PM  
Wednesdays Only, 6 Weeks

**Where:** MTM Community Center Gymnasium

**Cost:** 1 day/week \$25, \$6 Drop in rate

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements. All together they create a dynamic, exciting and effective fitness system! The class will consist of fast and slow rhythms that tone and sculpt the body to achieve cardio and muscle-toning benefits.

**Register:**

**Lisbon Recreation Office:**  
Monday – Friday, 8:30-4:30  
18 School Street  
Lisbon Falls

**Mail:**  
300 Lisbon St.  
Lisbon, Maine 04250  
Attention: Lisbon Recreation

\*Make checks payable to the Town of Lisbon\*  
Call the Lisbon Recreation Department at 353-2289 for more information  
Rec Dept Fax 353-2749

Certified Zumba Instructor; Tonia Ross

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### Zumba Oct. 5, 2016-Nov. 9, 2016

Name (please print) \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_  
Medical Information \_\_\_\_\_  
Emergency Contact/Phone \_\_\_\_\_  
Email address \_\_\_\_\_ Cost \$ \_\_\_\_\_

I hereby release, absolve, indemnify, and hold harmless the Lisbon Recreation Department, its staff and supervisors, any and all of them in case of injury to the above-mentioned participant, or myself as an adult participant. I hereby waive all claims against the aforementioned parties. I realize that the parent/guardian and or adult participant is responsible for providing insurance covering the injury for the above-mentioned participant. In case of the need for emergency medical treatment, I hereby give permission for such treatment to be given.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_