



**The City of DuPont Parks & Rec present
Fun & Fitness in 2010 with Zumba Toning®**

**6 week class series September 21
to October 28, 2010**

Tuesdays & Thursdays 9:00-9:45 am

**Classes are held at the DuPont Community Center located at
303 Barksdale Ave, DuPont, WA**

For class information call Parks & Rec at (253) 912-5245

ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind. Zumba is great for all ages and genders. It is a mixture of body sculpting movements with easy to follow dance steps.

**COST: \$45 for 6 weeks (Enclosed w/ registration)
Walk-in rate is \$10 per class.**

-----PLEASE DETACH HERE-----

ZUMBA

Name _____

Address _____

City/State/Zip _____

Phone _____ E-mail _____

X _____

Participants' Signature (or guardian if a minor)

Waiver: In consideration of my entry, I intend to be legally bound, for myself, my heirs, executors, and administrators, and waive, release and forever discharge any and all rights and claims which I may hereafter have against the sponsors and officials of the fitness activity described in this entry form or their respective officers, agents, representatives, successors, and/or assigns, while traveling to and from or participating in this event. Further, I hereby grant permission to any and all of the foregoing to take any photographs, video tapes, recordings or any other record of this event for use for any legitimate purpose.

Mail with \$45 registration fee Payable to :

"The City of DuPont"

Zumba Fitness Class

1700 CIVIC DRIVE, DuPont, WA 98327