



# ZUMBA®

## toning

Are you looking to tone muscles, but still want the same party-like atmosphere of Zumba? Try Zumba toning! Zumba toning challenges participants by adding the resistance of Zumba toning sticks or light weights to the full body workout. Join Joye through this fun experience!

**June 6 – July 18**

**Tuesdays**

(no class July 4)

**Primary School**

**Class will be outside/if weather is unfavorable then in the gym**

**5:15 pm – 6:00 pm**

Cost Per Drop In \$9

Cost for all (6) \$45

**Bring to class:**

**(2) 16 oz plastic water bottles (with water inside!)**

**or**

**hand weights that weigh 1-2 pounds!**

By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with Lodi School District Recreation and Education Program activities and events organized by The School District of Lodi.

I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights. I have signed this Agreement freely, voluntarily, under no duress. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all liability to the full extent of the law. I am 18 year of age or older and mentally competent to enter into this waiver.

<p><b>Any Questions Contact</b> 592-1076</p> <p><b>Mail Form to:</b> CREW Attn: Heidi Endres 1100 Sauk St Lodi, WI 53555</p>	<p>Method of Payment: Check (make payable Lodi School District) Cash (drop off only to Pool Lobby)</p> <p><input type="checkbox"/> Drops \$9 each class <input type="checkbox"/> June/July \$45</p>	<p>_____ Name</p> <p>_____ Address</p> <p>_____ Phone</p> <p>_____ Email</p> <p>_____ Signature</p>
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**Zumba Toning June/July2023**