



# ZUMBA®

## toning with JOYE

**WHAT:** Are you looking to tone muscles, but still want the same party-like atmosphere of Zumba? Try Zumba toning with **JOYE!** Zumba toning challenges participants by adding the resistance of Zumba toning sticks or light weights to the full body workout.

**Weights:** Zumba Toning sticks are provided on a first-come basis, or please bring your own if preferred.

**WHEN:** Wednesdays Sept. 27<sup>th</sup> - Nov. 1<sup>st</sup> from 5:15 – 6:00 PM

**WHERE:** Lodi High School – Upstairs in Room # 2220

**COST:** Drop In \$9 / class OR all 6 classes for \$45

## Online Registration Available!

Scan our QR code



<p>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 <b>Lodi School District Recreation and Education Program</b> activities and events organized by <b>The School District of Lodi</b>.</p> <p>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>		
<p><b>Any Questions Contact</b> 592-1076</p> <p><b>Mail Form to:</b> CREW 1100 Sauk St Lodi, WI 53555</p>	<p><b>Method of Payment:</b> Check (payable Lodi School District) Cash (drop off only to Pool Lobby)</p> <ul style="list-style-type: none"><li>• Drops \$9 each class</li><li>• Sept -Nov \$45</li></ul>	<p>Name</p> <p>Address</p> <p>Phone</p> <p>Email</p> <p>Signature</p>
<p><b>Zumba Toning - Fall II 2023</b></p>		