



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: Thursdays, April 25 – May 23 from 5:15 – 6:00 PM

WHERE: Lodi High School – Upstairs in Room # 2220

COST: Drop In \$9 / class OR all 5 classes for \$40 Registration deadline April 22, minimum number of participants needed to hold class!

Online Registration Available!

Scan our QR code



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.

**Any Questions
Contact**
592-1076

Mail Form to:
CREW
1100 Sauk St
Lodi, WI 53555

Method of Payment:
Check (payable Lodi
School District)
Cash (drop off only
to Pool Lobby)

- Drops \$9 each class
- Nov/Dec \$40

Name
Address
Phone
Email
Signature

Zumba Toning with Joye - Spring 2024 April / May