



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: Tuesdays, October 22nd – December 10th
from 5:30 - 6:15 PM

WHERE: Lodi High School – Upstairs in Room # 2220

COST: \$65 for all 8 Classes. Drop In \$9 / class
Minimum of 6 participants registered by October 16th needed to hold class.

Online Registration Available!



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>Any Questions Contact 592-1076</p> <p>Mail Form to: CREW 1100 Sauk St Lodi, WI 53555</p>	<p>Method of Payment: Check (payable Lodi School District) Cash (drop off only to Pool Lobby)</p> <ul style="list-style-type: none"> • Drops \$9 each class • Oct-Dec \$65 	<p>Name Address Phone Email Signature</p>
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Zumba Toning with Joye - Fall II 2024