



**CEDAR SPRINGS
AREA PARKS & RECREATION**



**OFFERS
ZUMBA**



YOUR INSTRUCTOR IS KATE REHMUS

A different class format designed to be a fun way to get in shape and work off the pounds. It feels like dancing, not exercise! The class is designed with Latin dance moves and Latin music. Come and give this new craze a try with an energetic, certified instructor and have some fun while getting into great shape! You won't regret a minute! No experience necessary!!!

**WHEN: THURSDAYS 7:30-8:30 PM and
SATURDAYS 9:00-10:00 AM**
*OFFERED WINTER SESSION 2 (JANUARY 9-FEBRUARY 11)
AND WINTER 3 (FEBRUARY 20-MARCH 24)*

WHERE: CEDAR SPRINGS MIDDLE SCHOOL

**COST: \$ 30.00 FOR THURSDAYS,
\$30.00 FOR SATURDAYS,
\$50.00 FOR THURSDAY AND SATURDAY or
\$8 PER INDIVIDUAL CLASS**
CHECKS CAN BE MADE PAYABLE TO "CSAPR"

Participant's Name: _____ Birthdate: _____

Address: _____ City & Zip _____

Daytime Phone: _____ Night-time Phone: _____

Name of township/city of residence: _____ E-Mail Address: _____

How do you hear about CSAPR Programs? _____

-I am aware of the possibility of injuries that exist with the participation in all recreational programs. I understand the Cedar Springs Area Parks & Recreation Dept., Cedar Springs Public Schools, and the instructors are NOT responsible for injuries that may occur during camps, clinics, and programs or for personal items brought to the programs.

-I have seen the weather policy and the refund and exchange policy and understand them.

Participants Signature: _____ Date: _____