



OFFERS
ZUMBA

COME AND HAVE FUN WHILE GETTING IN SHAPE
NO EXPERIENCE NECESSARY!!!

YOUR INSTRUCTOR IS KATE REHMUS

She is a certified ZUMBA instructor.

A different class format designed to be a fun way to get in shape. 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 and have some fun while getting into great shape!

WHEN:

THURSDAYS 7:15-8:15 PM

Winter Session 2 (Jan. 11 through Feb. 11)

Make up for cancelled class Feb. 18 (if necessary)

Winter Session 3 (Feb. 22 through March 25)

Make up for cancelled class April 1 (if necessary)

WHERE:

CEDAR SPRINGS MIDDLE SCHOOL

COST:

\$ 30.00 FOR 5 WEEK SESSION or \$8 PER CLASS

Participant's Name: _____ Birth date: _____

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: _____

Parents Signature (If Under 18): _____ Date: _____