

**Zumba**  
**Instructor: Kelly Sorgenfrey**  
West Branch Parks and Recreation  
For more information contact: Melissa Russell  
319-643-4212 or recdirector@westbranchiowa.org



Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. **ZUMBA FITNESS® . MOVING THE WORLD TO A NEW BEAT.**

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

### Registration Form

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

### Waiver

By signing this agreement, I the participant, parent, and/or guardian understand that participation in this activity may result in some type of injury and protective equipment does not prevent all injuries to participants. I hereby give permission for my child, ward, or myself to participate in the below registered program and/or activity and certify that my child (or myself) is physically fit to join in the activities. I hereby waive, release, and agree not to hold the City of West Branch Parks and Recreation Department, West Branch Community School District, sponsors, supervisors, and volunteers liable for any injuries that may occur as a result of participation in these activities. I also give my permission for any photos/videos, etc. of these participants taken during a program to be used for future departmental promotional materials. Please take note and govern yourself accordingly.

**THE WEST BRANCH PARKS AND RECREATION DEPARTMENT AND THE CITY WEST BRANCH  
HAVE NO ACCIDENT INSURANCE TO PROTECT THE PARTICIPANTS.**

Participant/Parent Signature: \_\_\_\_\_

Please check classes you are attending: **Please make checks payable to Kelly Sorgenfrey.**

Thursdays    February 23<sup>rd</sup> - March 8<sup>th</sup>    7:15 pm @ Town Hall    \$16.50

TOTAL \_\_\_\_\_

