

# Zumba

Instructor: Holly Pardekooper

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 Holly Carpenter-Pardekooper.**

___ Session 1 Wednesdays	August 24 <sup>th</sup> –September 28 <sup>th</sup>	6:30 pm@ Town Hall	___\$33
___ Session 2 Mondays	October 3 <sup>rd</sup> -November 7 <sup>th</sup>	7:00 pm@ Town Hall	___\$33
___ Session 2 Wednesdays	October 5 <sup>th</sup> -November 9 <sup>th</sup>	6:30 pm Location TBA	___\$33
___ Session 3 Mondays	November 14 <sup>th</sup> -December 19 <sup>th</sup>	7:00 pm @ Town Hall	___\$33
___ Session 3 Wednesdays	November 16 <sup>th</sup> -December 21 <sup>st</sup>	6:30 pm Location TBA	___\$33

TOTAL \_\_\_\_\_

## Boot camp and 3-2-1 class Instructor: Holly Pardekooper

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**Outdoor Boot camp** is a high intensity cross training class that incorporates jogging and body weight exercises. Each class will be designed to challenge the body and include many different training techniques. We will be focusing on developing muscular strength and aerobic stamina. **3-2-1** is a consecutive timed interval class where we will incorporate 3 minutes of cardio, 2 minutes of strength training, and 1 minute of core work.

### Registration Form

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

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

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Please check the classes you are attending: **Make checks payable to Holly Carpenter-Pardekooper.**

Session 1 Saturday 3-2-1	August 20 <sup>th</sup> -September 24 <sup>th</sup> 6:30 am@ Hoover gym	___\$33
Session 1 Monday Outdoor Bootcamp	August 22 <sup>nd</sup> -September 26 <sup>th</sup> 7:00 pm Location TBA	___\$28
Session 2 Saturday 3-2-1	October 1 <sup>st</sup> -November 5 <sup>th</sup> 6:30 am @ Hoover gym	___\$33
Session 2 Wednesday 3-2-1/Bootcamp	October 5 <sup>th</sup> - November 9 <sup>th</sup> 7:30 pm Location TBA	___\$33
Session 3 Saturday 3-2-1	November 12 <sup>th</sup> -December 17 <sup>th</sup> 6:30 am @ Hoover gym	___\$33
Session 3 Wednesday 3-2-1/Bootcamp	November 16 <sup>th</sup> -December 21 <sup>st</sup> 7:30 pm Location TBA	___\$33

TOTAL \_\_\_\_\_