



East Hanover Recreation Department (973-428-3095)

ZUMBA™ Fitness Class Program – Spring/Sumer 2010 (1 Session of 20 Classes)

Co-Sponsored with Olimpia's Fitness Training Inc.

Zumba™ combines high energy and motivating music with unique moves and combinations that allows you to dance away your worries. It is based on the principle that a workout should be "FUN AND EASY TO DO"! Zumba™ is not only great for the body, but is also great for the mind. It is a "feel happy" workout. This class is open to all fitness levels.

OPEN TO: ADULTS (18 years and older)
WHERE: East Hanover Recreation Center, Fifth Street, East Hanover
WHEN: Tuesdays & Thursdays (Beginning Tuesday, May 25, 2010)
TIME: 7:00-8:00 PM

REGISTRATION FEE: \$160.00 (non-refundable) One Day per week is \$80.00. If attending only one day per week, please indicate the day (Tuesday or Thursday)

*Make checks payable & mail to: Olimpia's Fitness Training Inc, 29 Puddingstone Way, Florham Park, NJ 07932

PLEASE NOTE: All Participants should wear comfortable attire & sneakers.

Class size is Limited to 25 Participants/ Minimum 12 on a First Come, First Served basis.

Questions? Contact musclesinmotion@yahoo.com

ONE FORM PER PARTICIPANT

Detach Here

DO NOT WRITE BELOW

2010 EVENING ZUMBA™ PROGRAM

Cash Check# Amount Date Rec'd

Name Age Female Male

Address / / /

Street/PO Box Town State Zip

Home Phone# Emergency Phone #

Cell Phone # E-Mail Address

Class attending: Tuesday Thursday Both

Do you have any health condition(s) the Recreation Staff should know about? No Yes

Explain

THE EAST HANOVER RECREATION DEPARTMENT & OLIMPIA'S FITNESS TRAINING INC. RECOMMEND THE DISCLOSURE OF RELEVANT HEALTH INFORMATION. UNLESS THE EAST HANOVER RECREATION DEPT AND OLIMPIA'S FITNESS TRAINING ARE NOTIFIED IN WRITING, STAFF WILL BE FORWARDED ALL INFORMATION ON THE REGISTRATION FORM, INCLUDING HEALTH CONDITIONS.

ADULT'S SIGNATURE ALLOWING PARTICIPATION AND WAIVING CLAIMS THAT MAY RESULT FROM INJURY DUE TO YOGA ACTIVITY.