

HURON VALLEY RECREATION & COMMUNITY EDUCATION



ZUMBA / Z-BOX
Kurtz Elementary School
Tuesday @ 7:00-8:00pm
Jan 6–Feb 24 (7 classes)

Fitness Motivators .COM

This class will be mixed with Zumba and Z-Box to keep it fun and never boring!
Both classes are great for any fitness level! Bring a mat to your first class.

Zumba: Not your average cardio class! Depending on how you exert yourself, you could burn between 600 to 1000 calories PER CLASS! Latin music and a combination of fast and slow rhythms promises to tone and sculpt your body while having a great time.

Z-Box: A fusion of Zumba and Cardio Boxing! This is NOT your average fitness class! 30 minutes of tracked music, alternating Latin Cardio Steps and Cardio Boxing! The last 15 to 30 minutes are dedicated to body toning with weights, Mat/Abs, and Relaxation Breathing! Try something new and see why we are #1 in your community!

CLASS REGISTRATION FORM

Registrations will not be confirmed. Report to the first class session unless otherwise notified.

REGISTRATION FORM

Please use separate registration form for each participant!

Participant's Name _____ School Attends _____

Address _____ City _____ Zip _____

Date of Birth _____ T-shirt size _____ Sex: M F

Phone (home) _____ (work) _____ (cell) _____

Parent/Guardian Name _____ Email Address _____

Class #	Class Name	Day/Time	Beginning Date	Location	Fee
1271	Zumba / Z-Box	Tues / 7:00pm	January 6	Kurtz	\$42.00

Participants agree to use the facilities, premises and equipment of Huron Valley Schools at participant's own risk. Participants agree to hold harmless and indemnify, and waiver any claims of any sort or nature that participant may have or acquire against the Huron Valley Schools and its board members, employees, agents and volunteers. In the event participant nevertheless asserts a claim against a party released herein, Huron Valley Schools shall be entitled to recover its reasonable attorney fees and costs incurred in defending against such claim. Pictures are sometimes taken in our programs and may be used in Huron Valley School's promotional material (brochures, flyers, website, etc.) Children are never identified by name. Contact our office if you would not like your child photographed.



Please complete if paying by Visa/MC:

Acct # _____ EXP: ____/____ _____
Cardholder Signature _____

MAIL: Mail to Huron Valley Recreation & Community Education office along with your check or money order, made payable to Huron Valley Schools or charge on your VISA or MasterCard. Allow 3 business days for mail delivery. (5061 N. Duck Lake Road, Highland, MI 48356)

FAX: at 248.676.8453. Use registration this form. Include your VISA or MasterCard account #, expiration date and your phone number.

If not registered 2 business days prior to class, add \$10 to fee.