



What is Zumba? Zumba is a Latin-inspired dance-fitness cardio based workout that with incorporated sculpting exercises tones the entire body top to bottom. Zumba takes you on an international journey through dance and rhythms including Salsa, Reggaeton, Merengue, Cumbia and much more.

The instructor for this course is Marissa Olivier. She has taught dance for the Recreation Department for the past several years. She also has 10+ years dance experience which she is excited to bring to Zumba Fitness!

Please wear comfortable clothing and sneakers (older worn sneakers work best). Bring water! You are more than welcome to bring your own set of 3-5lb dumbbells. You must be at least 17 years old to sign up for this class.

This session, September 3 through September 24, will be drop ins only. Each class is \$7. Classes will be held 6:30 – 7:30pm every Tuesday in the cafeteria at Raymond Middle School.

-----Zumba- Sept-----

Participant's Name _____ Phone _____

Address _____

e-mail: _____ Date of Birth _____

RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

In consideration of the permission granted, to the participant named above to participate in the Zumba program, I/we SHALL RELEASE, WAIVE DISCHARGE AND COVENANT NOT TO SUE the Town of Raymond, Recreation Department, their agent and employees from all liability for any and all loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the named participant except in the case of gross or willful wanton negligence of the Town of Raymond, Recreation Department its agents and employee or otherwise while the named participant participates in the above named program.

I/we further agree to indemnify the Town of Raymond, Recreation Department, their agents and employees from any and all liability, loss or damage including but not limited to bodily injury, illness, death or property damage which the Town of Raymond, Recreation Department, their agents and employees become legally obligated to pay including reasonable attorneys' fees and costs, as a result of claims, demands, costs or judgments, against the Town of Raymond, Recreation Department, their agents and employees on account of injury to the person or property or resulting in the death of the named participant except in the case of gross or willful wanton negligence of the Town of Raymond, Recreation Department, their agents or employees and whether or not such liability is sole, joint or several.

I/we am aware that participation in this program may present a strain on my body, or its parts and therefore I represent to the Town of Raymond, Recreation Department that to the best of my knowledge, I am in a proper physical condition to participate and that I/we assume the risk of participating.

I/we understand that the above program involves traveling to various activity sites. I/we will accept full responsibility for transportation to and from these activities and I/we release, indemnify and hold harmless and persons providing such transportation.

If it is impossible to contact me and it is an emergency, I/we hereby give permission to the attending physician to treat, hospitalize, administer anesthesia, or to order injections or surgery for my safety.

I/we, the undersigned, have read this release and understand all its terms. I/we execute it voluntarily and with full knowledge of its significance. I/we have executed this release on this date indicated next to my/our names.

Signature of Participant

Date