



For Adults

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. Certified Zumba instructor and Prairie Ridge Mom, Meshane Figueroa will be teaching this fun **6 week class**. Be sure to bring comfortable workout attire and a water bottle. Class will be tailored to all levels of fitness, so, bring a friend and make getting in shape FUN!!

When: Tuesday's 2/14, 2/21, 2/28, 3/6, 3/13, 3/20

Time: 5:00 - 6:00 pm **Where:** PRE Gym

Who: Adults 18 and older (If under 18 must be accompanied by an adult) **If you have a friend that would like to take this class, they can find this registration form on our school website. Everyone is welcome!**

Cost: \$35.00 **Min/Max** 15 -25

*****Registration Deadline: February 10**

Community School Class Registration

Please make checks payable to PREL Community School

Name: _____

Emergency Contact Information

Name: _____

Home: _____ **Work:** _____ **Cell:** _____

Food Allergies _____ **Class**  **\$35 Due with registration**

Release form for Community School Classes

I give my permission for _____ to participate in this activity. I acknowledge that participation in this activity involves some risk of injury or death, and I assume these risks. I further acknowledge that the participant is physically capable of performing in this activity. I release and hold harmless the St. Vrain Valley School District and it's personnel from any liability for any injury or death arising from participation in this activity.

Signature of Parent/Guardian _____

