



M.G.S.D Zumba® Registration

What is Zumba®?

Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

When are classes and what's the cost?

Wednesdays from 7:00-8:00 pm! Classes run for 4 weeks, from Wednesday, November 20th – Wednesday, Dec 18th (with a break Nov 27th for Thanksgiving!) They will be held at M.G.S.D. The price will be \$38.00 for the 4 week session or \$11.00/class for a drop in rate!

What to wear and bring?

Work out clothes that are easy to move in and that you won't over heat in. Yoga Pants, tee shirts, and clean tennis shoes are an example. Don't forget your water bottle and a small towel.

Who are the instructors?

Melissa Fors will be your certified Zumba® instructors!

Registration Form- Please mail back or turn in at office with payment

Zumba® Winter Session I

Wednesdays from 7:00pm-8:00pm

Wednesday, November 20th - Wednesday, December 18th

(with a break Nov 27th for Thanksgiving!)

Name _____ Date of Birth _____

Home Phone _____ Cell Phone _____

Mailing Address _____

E-Mail Address _____

Payment Enclosed _____

Tuition fees are non-refundable

Classes purchased are only valid for the session specified and are non-transferable.