



Brunswick Residents: \$30.00
Non-Residents: \$40.00

September 10 – September 28; Mondays & Thursdays
5:45-6:45pm; Outdoors at the Brunswick Recreation
Center, 220 Neptune Drive (Ages 12 and Up!)



Zumba is a Latin-based dance fitness class which infuses rhythms from all around the world.

Zumba perfect for: Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.

How It Works: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Benefits: A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Your Instructor: Jennifer Curit has been a licensed Zumba instructor for 3yrs. She is a very bubbly kind of person full of energy and just loves making people smile. She also likes learning new skills and enjoys bringing those new skills to her classes. Jennifer has training in Pro Skills, R2, B1, Warm up, Cool-down. She has also attended jam sessions to learn new choreography. She is currently certified in CPR.

The Parks and Recreation Department encourages individuals with disabilities to register for this program. Should you desire further information, contact the Recreation Department at 725-6656. To view our refund policy, see our current program offerings or register online, visit us online at www.brunswickme.org/parks-recreation

✂Detach & return with fee to the Recreation Center 220 Neptune Drive., by **Sept. 10** Office hours Mon.-Fri., 8:00 a.m. to 4:30 p.m. ✂

Brunswick Parks and Recreation Dept.
Zumba– Fall 2020
 (Please print)

FEES: Brunswick Resident \$30.00
***Non-Resident \$40.00**

For Office Use
 Date _____
 Amt\$ _____
 Computer

Name _____ Date of Birth _____

Street Address _____ Town of residence _____ Zip Code _____

Email _____

Home Phone _____ Work Phone _____ Cellphone _____

Emergency Contact _____ Relationship _____

Day Phone _____ Cell Phone _____

*ALLERGIES/PHYSICAL or MEDICAL INFORMATION _____

As a parent/ guardian, I give my child permission to participate in the Brunswick Parks and Recreation Department Zumba Fitness Class program. As a parent/ participant, I understand that photographs taken of Parks and Recreation Programs may be used by the Parks and Recreation Department for promoting programs, classes or events to include brochures, posters or web page postings.

Signature _____ Date _____

Zumba[®] with Jennifer Curit

AGREEMENT OF RELEASE, ASSUMPTION OF RISK AND WAIVER OF LIABILITY

Name: _____

Phone: _____

Email: _____

Emergency name & telephone: _____

LIABILITY WAIVER

1. The risk of injury from the activities involved in these sessions (**Zumba[®]**) is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury to me does exist; and,
2. I knowingly and freely assume all such risks, both known and unknown, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and the customary terms and conditions for participation. If I observe any unusual significant concern in my readiness for participation and/or in the program itself, I will remove myself from participation and bring such to the attention to my trainer immediately; and,
4. I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, Hereby Release **Brunswick Maine Parks & Recreation** and **JENNIFER CURIT of Brunswick Maine Parks and Recreation** WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above releases from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTIONS OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Releaser/Participant Signature

Date