



Perfect For everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.

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 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.

The instructor for this class is Talia Walley. Talia is a Certified Zumba Instructor and has been enjoying Zumba for at least the past 15 years. Additionally, Talia is a Certified Aerial Yoga Hammock Fitness Instructor and Certified Health & Nutrition Coach with the Dr. Sears Wellness Institute. She enjoys staying fit & helping others to do so by incorporating these modes of lifestyle.

Please wear comfortable clothing and sneakers. Bring water!

Zumba will be 8 weeks, on Mondays, April 8<sup>th</sup> – June 3<sup>rd</sup> (no class on May 27). The cost is \$96 (\$12 a class) for the 8 weeks or \$14 for walk in. Classes will be held 6 – 8 pm every Monday in the Raymond Middle School cafeteria.

Sign up at [raymondnh.recdesk.com](http://raymondnh.recdesk.com) or in Raymond Recreation’s office.

----- Zumba – April 2024-----

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