

# 2019 FALL Session with Yvonne's Fitness



**Starts Tues. Sept. 3<sup>rd</sup> to Tues. Dec. 18<sup>th</sup>, 2019 (15 weeks)**

**\*Your PASS incl. Zumba, Zumba Toning & Zumba Strong\***

## **ZUMBA**

Mon/Wed 9:15 am to 10:15 am  
Tues/Thurs 7 pm to 8 pm

**ZUMBA Toning and Abs/Core**-Add *Muscle Resistance Training* with 1 to 2.5 lb Toning Sticks to your Zumba workout. **Zumba Toning Sticks provided.** Bring your own mat for the 15 min. Abs/Core workout at the end.

Thursday 6 pm to 7 pm  
Friday 9:15 to 10:15 am

15 Class Pass for \$115 or 30 Class Pass for \$189 (incl. GST). \$239 Unlimited Pass. Pass includes Zumba, Toning & Strong

## **STRONG BY ZUMBA (Sat. 9 am -Fort Garry Church Location)**

Saturday 9 am to 10 am (at the Fort Garry Mennonite Brethren Church, 1771 Pembina Hwy)  
This location will be in the large gym. Park & Enter from the back of the building. Tons of Space! Bring a Mat.

## **ZUMBA GOLD (14 Week Session- Low Impact for Seniors/Beginners)**

Wednesday 10:20 to 11:15 am (\$115/\$135 for 14 weeks- Sept. 11 to Dec 11) \$115 if paid by Aug. 31.

## **ZUMBA Kids (6-9 & NEW 10-13 yrs)**

Monday 5 to 5:45 pm (Lindenwoods- Age 6-9 yrs)- Sept. 16- Dec 2 (10 Weeks- No class Oct.14 & Nov. 11)  
NEW Wednesday 5 to 5:45 pm (Lindenwoods- Age 10-13 yrs)- Sept. 18-Nov. 20 (10 Weeks)

**Aqua Zumba** Sunday 9:30 am to 10:15 am (Margaret Grant Pool-) Call 311 mid-Aug to register (Starts early Oct.)

**YOGA Classes** Monday 10:20-11:15 am Men's Yoga Mon 8:30 pm Thurs 8:15-9:30 pm (See Form for info)  
Tues. 8:15-9:15 pm (Yoga Props)



# Yvonne's Fitness Registration Form

## **FALL 2019- Sept. 3<sup>rd</sup>– Dec. 18<sup>th</sup> (15 weeks)**

Yvonne's Fitness-Cell: (204) 295-6060 or e-mail: zumbafunwithyvonne@gmail.com

•Please fill out in full and return back with full payment to **Yvonne's Fitness** (56 Fairhaven Rd, Wpg, R3P 2G8)

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone (Day): \_\_\_\_\_ Phone (Evening/Cell): \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Age: \_\_\_\_\_

**\*I consent to receiving e-mail regarding Zumba & Fitness activities with Yvonne's Fitness\* YES \_\_\_ NO \_\_\_**

Emergency Contact Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

•Please indicate which timeslot you will be attending (check all that apply):

**Zumba Classes**

- \_\_\_ Mon 9:15-10:15 am                      \_\_\_ Tues 7-8 pm
- \_\_\_ Wed 9:15-10:15 am                    \_\_\_ Thurs 7-8 pm

**Zumba Toning/Core Classes** (1 to 2.5 lb toning sticks provided)

- \_\_\_ Thurs 6-7 pm
- \_\_\_ Fri 9:15-10:15 am

**Zumba Strong Class**

\_\_\_ Sat 9-10 am (Fort Garry Mennonite Brethren Church, 1771 Pembina HWY)

**Zumba Kids Classes-10 Week Session** (Kids 6-9 yrs & 10-13 yrs)

- \_\_\_ Mon 5-5:45 pm (Sept. 16- Dec 2, 2019) Age 6-9 (**Lindenwoods \*105/119**)
- \_\_\_ Wed 5-5:45 pm (Sept. 18- Nov. 20, 2019) Age 10-13 (**Lindenwoods \*105/119**)

**Zumba Gold Classes- 14 Week Session**

\_\_\_ Wed 10:20-11:15 am (Sept. 11 – Dec 18) \*\$115/\$135

•What pass would you like? (Incl. GST)-Zumba once/ week, get 15 class pass; twice/week, get 30 class pass; 3+unlimited

\_\_\_ 15 CLASS PASS .... \$115    \_\_\_ 30 CLASS PASS .... \$189    \_\_\_ 10 CLASS PASS.....\$85

\_\_\_ Zumba Drop-in.....\$13    \_\_\_ Yoga Drop-in.....\$15

\_\_\_ Unlimited Zumba, Toning & Strong Classes.....\$239

\_\_\_ Unlimited Zumba, Toning & **One** Yoga Session....\$299 (\$349 for all Yoga Sessions)

\_\_\_ **Zumba Gold** (14 weeks- Sept. 11 to Dec 11) .....\$115 if paid by Aug. 31, after \$135

\_\_\_ **Yoga Mon** 10:20 am to 11:15 am- **12 weeks** (Sept. 9 to Dec 2) \*\$119/\$139

\_\_\_ **Men's Yoga Mon 8:30 pm- 12 weeks** (Sept. 9 to Dec 2, no class on Oct. 14) \*\$119/\$139

\_\_\_ **Yoga Thurs** 8:15 to 9:30 pm **75 min. class – 12 weeks** (Sept. 12 to Nov. 28) \*\$129/\$149

\_\_\_ **Yoga Tues 8:15 to 9:30 pm** 60 min class- **12 weeks** (Sept. 10- Nov. 26) \*\$119/\$139

\*Aqua Zumba must be registered thru City of Winnipeg at 311 starting mid-Aug.

\*Yoga/Zumba Kids/Gold Early Bird Price before Aug. 31<sup>st</sup>

**\*\*\*Passes are non-refundable and non-transferable and expire at the end of FALL Session 2019\*\*\***

Total Payment Enclosed: \$\_\_\_\_\_ Payment Type: Cash \_\_\_\_\_ Cheque\_\_\_\_\_ E-transfer\_\_\_\_\_ (zumbafunwithyvonne@gmail.com)

•Submit: Registration Form, PAR-Q & Waiver Form, & Payment to **Yvonne's Fitness** or to **56 Fairhaven Rd, Winnipeg, MB, R3P 2G8.**

**Yvonne Bayer-Cheung** is a licensed Zumba & Yoga Instructor with certifications in Zumba Basic 1 & 2, Zumba Toning, Zumba Kids, Zumba Gold, Aqua Zumba & Zumba Step. Zumba Strong & Zumbini as well as YogaFit Level 1,2,3,4 & Seniors & Kids. She is also a certified FIS (Fitness Instructor Specialist), and CanFitPro member and CPR Trained. Yvonne has over 20 years of dance and teaching experience. Register early and reserve a spot now. E-mail at zumbafunwithyvonne@gmail.com or call **204-295-6060** for more information. Check out <http://yvonneb.zumba.com> or [www.facebook.com/ZumbaWithYvonne](http://www.facebook.com/ZumbaWithYvonne) .

Schedule subject to change.

**PAR-Q & YOU**  
**Physical Activity Readiness Questionnaire**  
**& Fitness Waiver**

All participants are required to read and fill in the form, answering in truth in order to register and participate in any of the Zumba/Yoga classes at LWCC & FGCC. Once completed, submit with full payment to Yvonne Bayer-Cheung.

**PAR-Q & YOU:** Please check the appropriate answer:

1. Has your Doctor ever said that you have heart condition and that you should only do physical activity recommended by a Doctor? YES\_\_\_ No\_\_\_
2. Do you feel pain in your chest when you do physical activity? YES\_\_\_ No\_\_\_
3. In the past month, have you had chest pain when you were not doing physical activity? YES\_\_\_ No\_\_\_
4. Do you lose your balance because of dizziness or do you ever lose consciousness? YES\_\_\_ No\_\_\_
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? YES\_\_\_ No\_\_\_
6. Is your Doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? YES\_\_\_ No\_\_\_
7. Do you know of any other reason why you should not do physical activity? YES\_\_\_ No\_\_\_

**\*\*\*If you checked "YES" to any of the questions above, you will require your doctor's approval before participating\*\*\***

**AGREEMENT OF RELEASE AND WAIVER OF LIABILITY FOR ZUMBA/YOGA CLASSES**

\_\_\_\_\_ (herein referred to as the participant)

**(Print YOUR name)**

I, the above named participant, hereby agree to the following:

1. I am participating in classes taught by the authorized ZUMBA/YOGA instructor Yvonne Bayer-Cheung or licensed substitute. I recognize that the classes may involve strenuous physical activity including, but not limited to, cardiovascular conditioning and interval training, muscle strength and endurance training, and other various fitness activities that may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the ZUMBA/YOGA classes. I represent and warrant that I am in good physical condition and do not suffer from any known disability or medical condition which would prevent or limit my participation in this exercise program.
3. In consideration of being permitted to participate in ZUMBA/YOGA classes, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as result of participating in the program.
4. In consideration of being permitted to participate in ZUMBA/YOGA classes, I knowingly, voluntarily and expressly waive any claim I may have against Yvonne Bayer-Cheung or licensed substitute for injury or damages that I may sustain as a result of participating in the program.
5. I, my heirs or legal representatives forever release, discharge and covenant not to sue Yvonne Bayer-Cheung or licensed substitute for any injury of death caused by their negligence or other acts.

I HAVE READ THE ABOVE RELEASE AND WAIVER OF LIABILITY AND FULLY UNDERSTAND ITS CONTENTS. I VOLUNTARILY AGREE TO THE TERMS AND CONDITIONS STATED ABOVE.

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARTICIPANT SIGNATURE

**If participant is under age 18:**

AS LEGAL GUARDIAN OF \_\_\_\_\_, I CONSENT TO THE ABOVE TERMS AND CONDITIONS.

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE OF PARENT