



SPRING SESSION 2019- Mon April 1st - Tues June. 25th, 2019 (12 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

12 Class Pass for \$95 or 24 Class Pass for \$160 (incl. GST). \$195 Unlimited Pass. Pass includes **Zumba, Toning & Strong**

ZUMBA STRONG

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. Bring a Mat.

ZUMBA GOLD (12 Week Session- Low Impact for Seniors/Beginners)

Wednesday 10:20 to 11:15 am (*\$105/\$119 for 12 weeks) Starts April 3 to June 19

NEW ZUMBA Kids (6-11 yrs- 8 Week Session)

Monday 5 to 5:45 pm (Age 6-11 yrs) April 8- June 10 (no Class April 22 & May 20) Lindenwoods CC *\$89/\$99

Aqua Zumba

Sunday 9:30 am to 10:15 am (Margaret Grant Pool-starts March 31) Call 311 to register

YOGA Classes

Monday 10:20-11:15 am Tues 8:15-9:15 pm Thurs 8:15-9:30 pm
 Monday 8:30 pm (Men's Yoga with Thomas) *Early Bird Rates Available

Kizomba Ladies Styling Heel Classes (90 min)

Fri April 12, Sat May 4, Sat June 8, 2019



Yvonne's Fitness Registration Form

Spring 2019- April 1st- June 25th (12 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) Starts Sat. April 7

Zumba Kids Classes-8 Week Session

___ Mon 5-5:45 pm (April 8 to June 10-No classes on April 22 & May 20) Ages 6-9 (Lindenwoods *89/99)

Zumba Gold Classes- 12 Week Session

___ Wed 10:20-11:15 am (April 3 to June 19) *\$105/\$119

What pass would you like? (Incl. GST)-Zumba once/ week, get 12 class pass; twice/week, get 24 class pass; 3+unlimited

- ___ 12 CLASS PASS \$95 ___ 24 CLASS PASS \$160 ___ 6 CLASS PASS.....\$60
- ___ Zumba Drop-in.....\$13 ___ Yoga Drop-in.....\$15

___ **Unlimited Regular Zumba, Toning & Strong Classes.....\$195**

___ Unlimited Zumba, Toning, Strong & **One** Yoga Session....\$275 (\$359 for both Yoga Sessions)

___ **Zumba Gold** (12 weeks- April 3 to June 19)\$105 if paid by March 23, after \$119

___ **Yoga** Mon 10:20 am to 11:15 am- **10 weeks** (April 1 to June 18, no class May 20) *\$99/\$119

___ **Yoga** Tues 8:15 to 9:15 pm- **10 weeks** (April 2 to June 4) *\$99/\$119

___ **Yoga** Thurs 8:15 to 9:30 pm **75 min. class – 10 weeks** (April 4 to June 6, Bonus June 13)* \$109/\$129

___ **Men's Yoga** 8:30 pm **60 min. class- 10 weeks** (April 1 to June 18, no class May 20) *\$99/119

___ **Kizomba Ladies Styling** 90 min (Fri Apr. 12, Sat May 4, Sat June 8, 2019) *\$15/\$20

***Aqua Zumba** must be registered thru City of Winnipeg at 311 *Yoga/Zumba Kids/Gold Early Bird Price before March 23rd

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

Total Payment Enclosed: \$ _____ Payment Type: Cash _____ Cheque _____ (Payable to **Yvonne's Fitness**)

•Submit: Registration Form, PAR-Q & Waiver Form, & Payment to **Yvonne's Fitness** or **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 1,2,3,4,5 & Seniors & Kids, Anatomy & Alignment. 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 .

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