



## 2019 SUMMER ZUMBA SESSION

### Yvonne's Fitness Summer Session (9 Weeks) from July 2<sup>nd</sup> – Aug. 29<sup>th</sup>, 2019

GET ONE SUMMER PASS for all the classes and 5 Zumba Challenge Weeks!

Party yourself into shape by doing Zumba from July 2<sup>nd</sup> – August 29<sup>th</sup>, 2019 with over **43 classes** to choose from including 5 Zumba Challenge weeks and NEW Monday Strong by Zumba 7 pm class. There will be **Tuesday & Thursday evening** Zumba classes at 7 pm and **Wednesday morning** classes at 9 am and a **Monday 7 pm Strong by Zumba in July and August**. 9 Class pass is \$79 (incl. GST), 15 Class pass is \$115, and Unlimited Class pass is \$139. Buy your summer pass by June 25 and get an extra class for free. Drop-in rate is \$13 per class.

**TWO Evening Zumba Challenge Weeks and ONE Morning Challenge in July** (July 2<sup>nd</sup> – Jul 5<sup>th</sup> mornings at 9 am, July 8<sup>th</sup> – July 11 & July 22<sup>nd</sup>-25<sup>th</sup> –Evenings at 7 pm) For the shorter week July 2<sup>nd</sup> -5<sup>th</sup>, you can join the morning Zumba Week every day from **9 to 10 am** (Strong T, Zumba W/TH & Zumba Toning/Abs F). The evening Zumba Week will be from July 8<sup>th</sup>- 11<sup>th</sup> AND July 22-25 from 7-8 pm at the Lindenwoods CC. There will be Strong by Zumba M, Zumba T, W, TH, Zumba Toning TH. The Thursday class will be a double class from 7 to 9 pm (Toning at 7 pm & Zumba 8 pm). **Receive a PRIZE** at the end of the week for completing the week-long challenge!

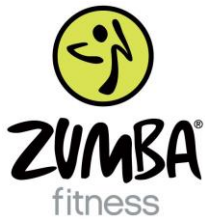
**Two August Zumba Challenge Weeks** (Aug. 12<sup>th</sup>- 15<sup>th</sup> evenings at 7 pm & Aug. 19<sup>th</sup>-23<sup>rd</sup> mornings at 9 am) There will be another evening Zumba Challenge Week from Aug. 12-15 at 7 pm at the Lindenwoods CC. There will be Strong M, Zumba T, W, TH, Zumba Toning on TH. The Thursday class will be a double class from 7 to 9 pm (Toning at 7 pm & Zumba 8 pm). **Receive a PRIZE** at the end of the week for completing the week-long challenge! PLUS, there will be a morning Zumba Challenge week Aug 19-23, every day from **9 to 10 am** (Strong M, Zumba T/W/TH & Zumba Toning/Abs F).

**Yvonne's Fitness Outdoor Zumba on Tuesday, Aug. 27<sup>th</sup> at 7 pm (outside the Lindenwoods CC)**

**Yoga in the Park on Thursday, Aug. 29<sup>th</sup> at 7 pm (Park next to Lindenwoods CC)**

**2019 Fall Zumba** (Regular schedule from September 3<sup>rd</sup> to Dec. 18<sup>th</sup>, 2019)

**Yvonne Bayer-Cheung** is a licensed Zumba Instructor with certifications in Zumba Basic 1 & 2, Zumba Toning, Zumba Kids, Zumba Gold, Aqua Zumba, Zumba Step, Zumbini & Strong by Zumba. She is also a certified FIS (Fitness Instructor Specialist), CanFitPro member, certified YogaFit instructor with Levels 1, 2, 3, 4 & 5 YogaFit Seniors & YogaFit Kids. Yvonne has over 20 years of dance and teaching experience and has taught over 3,000 fitness classes to several hundred students from ages 2-96 yrs at the Lindenwoods CC and Winnipeg. E-mail at [zumbafunwithYvonne@gmail.com](mailto:zumbafunwithYvonne@gmail.com) or call **295-6060** for more information. *Schedule subject to change.*



# Yvonne's Fitness Registration Form

## **Summer Session 2019- July 2- Aug. 29, 2019**

**Yvonne's Fitness (with Licensed Zumba Instructor, Yvonne Bayer-Cheung)**

56 Fairhaven Rd., Winnipeg, MB, R3P 2G8

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**

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**

\_\_\_ Tues 7-8 pm

\_\_\_ Wed 9-10 am

\_\_\_ Thurs 7-8 pm (30 min Toning & 30 min Zumba)

**Strong by Zumba Classes**

\_\_\_ Mon 7-8 pm (July 8, 15, 22, 29, no class Aug. 5, Aug12, 19, 26- also Tues. Jul. 2 & Aug 19 at 9 am)

**Zumba Challenge Weeks (5 weeks with extra classes on Wed & Fri)**

\_\_\_ Mornings- July 2 to 5 at 9-10 am

\_\_\_ Evenings- July 8-11 at 7-8 pm (Thurs. 7 to 9 pm)

\_\_\_ Evenings- July 22-25 at 7-8 pm (Thurs. 7 to 9 pm)

\_\_\_ Evenings- Aug. 12-15 30 at 7-8 pm (Thurs. 7 to 9 pm)

\_\_\_ Mornings- Aug. 19-23 at 9-10 am

**Yvonne's Fitness Outdoor Zumba (incl. in your pass)**

\_\_\_ Aug. 27 at 7 pm

**Yoga in the Park (incl. in your pass)**

\_\_\_ Aug. 29 at 7 pm

**•What pass would you like? (Includes GST)**

\_\_\_ 9 CLASS PASS ..... \$79

\_\_\_ 5 CLASS PASS..... \$50

\_\_\_ 15 CLASS PASS .... \$115

\_\_\_ Unlimited Pass....\$139

\_\_\_ Drop-in rate.....\$13

**\*\*\*Passes are non-refundable and non-transferable and expire at the end of SUMMER session 2019\*\*\***

**•Payment Information:**

Total Payment Enclosed: \$ \_\_\_\_\_

Payment Type: Cash \_\_\_ Cheque \_\_\_ (Yvonne's Fitness) or E-transfer: zumbafunwithyvonne@gmail.com

**•Submit: Registration Form, PAR-Q & Fitness Waiver Form, & Full Payment to Yvonne's Fitness**

*Once confirmed by e-mail, you will receive your pass in the mail or on the first day of class. Please arrive 15 min. earlier on the first day of class. Classes start promptly. Drop-in fee available but all participants must fill in registration and waiver forms prior to joining a class.*

**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 & PHOTO 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.
6. I consent to the use of my picture in Zumba/Yoga classes and events on social media. I agree that I shall have no claim against Yvonne Bayer-Cheung.

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