

Birmingham Community Education 

**Zumba with BONUS - Strength Training!**

**Seaholm/Cafeteria**

**Tuesday 6:30 – 7:30pm**

**Session I - September 7 – November 2**

**Mini Session: November 9 - December 21**

(Omit Date: 9/21, 11/7)



**Now offered as a ONE HOUR class AND a bonus - with strength training!** We also slashed the price for the BEST PRICE in town! There is no excuse now! Zumba is not your average cardio class, plus we've added strength training at the end of your cardio with Zumba, so that you are able to tone your body too! Depending on how you exert yourself, you could burn between 400 to 900+ calories PER CLASS! Feel the music and join the party! For all fitness levels. Get your groove on with Fitness Motivators ZUMBA! **Please bring a set of hand weights to class.**

**Authorized Zumba Instructor, Anne-Marie**

**SEAHOLM ZUMBA REGISTRATION FORM**

Household/Primary Adult Contact:  Resident  Non-Resident

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_\_ Emergency Phone: (\_\_\_\_) \_\_\_\_\_

Last Name	First Name	Class #	Activity Name	Fee (Circle One)
		250003/1660	Zumba - Tuesday – SEAHOLM (8 CLASSES)	<b>\$56-Resident</b> <b>\$61-NonResident</b>
		250013/1658	Zumba - Tuesday – SEAHOLM (6 CLASSES)	<b>\$42-Resident</b> <b>\$47-NonResident</b>

Visa  Master Card  Expiration Date: Mo \_\_\_\_\_ Year \_\_\_\_\_ Card Number: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

By accepting my registration in the above programs, I hereby understand that I release my rights or claims for damages that I may have against the Birmingham Public Schools through which this program is conducted or its Instructors or Staff Members. I will also adhere to the refund policy. For more information, call 248-203-3800 Monday through Friday, from 9:00 am until 4:00pm. To fax this registration: 248-203-3818

Date: \_\_\_\_\_ Participants Signature: \_\_\_\_\_ (Guardian signature for minors)

**Make checks payable to: Birmingham Public Schools**

2436 W. Lincoln, Suite F101  
Birmingham, MI 48009

CHECK OR MONEY ORDER MUST EQUAL EXACT AMOUNT OF THIS REGISTRATION.