

# Beresford Parks, Rec. & Community Education (PRCE)

305 W. Oak Street  
Phone (605)763-2094

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Director: Scott Klungseth

Beresford, SD 57004  
Fax (605) 763-2705

## Adult Zumba Class

The goal of this program is to provide a high energy dance fitness experience to increase fitness and overall health in a fun, dance environment.

The Zumba group will meet at the Community Education Building. The class will be provided using a Virtual Trainer.

Dates: Monday and Wednesday Evenings in October, November, December

Times: Monday, Wednesday Evenings 7:00-7:50 p.m.

Ages: Adults (limited to 10 participants)

Cost: \$50 per participant

Location: Community Education Building

**DEADLINE for registration is September 20<sup>th</sup> 2018**

Questions: please call Director at 763-2094 or email [scott.klungseth@k12.sd.us](mailto:scott.klungseth@k12.sd.us)

----- cut here and keep above info!!!! -----

**2018 PRCE Adult Zumba Class Evening Session Registration**

**One sheet per adult please & return to the Community Education Building**

Name \_\_\_\_\_ Email \_\_\_\_\_

Cell \_\_\_\_\_ Local emergency contact name/number \_\_\_\_\_ PH# \_\_\_\_\_

Beresford PRCE, in making this recreational activity available, assumes no responsibility for injury. The responsibility for injury is assumed entirely by the participant. Participants in recreational activities are not covered by any special insurance coverage, therefore, participants should have adequate insurance coverage. I ACCEPT THE RESPONSIBILITY AS STATED ABOVE. I have consulted a physician and am confident that I am currently have not medical conditions that should preclude me from participating in this fitness-based activity.

Printed Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_, 2018