



Zumba Gold® Wednesdays, Feb. 12–May 13, 2020

Zumba Gold®/Zumba® Level One is designed for the active older adult, the beginner, and people who want Zumba® at a lower intensity. We use the same great Latin music and dance styles and this class is just as fun as a regular Zumba® class. Zumba Gold® strives to improve balance, strength, flexibility and cardiovascular health. We use very easy to follow steps from salsa, cha cha, merengue, cumbia, rock & roll, belly dance, flamenco, folk dance and tango.

Instructor Sharon Gelboin-Katz: Sharon is licensed to teach Zumba® & Zumba Gold®. She has a background in teaching Israeli and international folk dance and movement to children and older adults. Sharon loves to incorporate some of the movements she has learned from Israeli and international folk dance into her Zumba® & Zumba Gold® classes.

REGISTRATION

Please register as soon as possible, so we have an accurate enrollment count.

Please check the category that describes your membership status:

<input type="checkbox"/> CC Village Resident, CC@H Member/ Associate/Friend (\$110) or <input type="checkbox"/> community member (\$132)	Zumba Gold® Feb. 12–May 13, 2020 11 classes over 14 weeks--No class 4/8, 4/15, 4/29 Wednesdays, 11:30 to 12:30
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Name

Telephone

Street

E-mail

City, State, Zip Code

- Payment may be made on the web site, chevychaseathome.org, by calling (301) 657-3115, by mail to Chevy Chase At Home, or in person on the first day of class.
- Please deliver the completed Registration Form and signed Waiver & Release (below/reverse):
 - mail to Chevy Chase At Home
P.O. Box 15102, Chevy Chase, MD 20825; Or
 - scan and email toinfo@chevychaseathome.org
 - CC Village Residents may drop off at CC Village Hall.

Questions? Email: info@chevychaseathome.org, or call 301-657-3115

See Reverse for Waiver.

Waiver and Release

In consideration of being permitted to participate in the following course/activity, sponsored by Chevy Chase Village and provided through Chevy Chase At Home: **Zumba Gold**,

1. I recognize that Chevy Chase Village is not responsible for the content or teaching of this course/activity and makes no warranties and specifically disclaims any warranties with respect thereto.
2. I am participating in the course/activity upon the express agreement and understanding that I hereby waive and release Chevy Chase Village, its officers, managers, employees and agents from any and all claims, costs, liabilities, expenses or judgments including attorneys' fees and court costs (herein, collectively referred to as "claims") arising from my participation in the aforesaid course/activity and any illness, injury or death resulting therefrom, and I hereby agree to indemnify and hold harmless Chevy Chase Village, its officers, managers, employees and agents from and against all such claims, except claims proximately caused by the gross negligence or willful misconduct of Chevy Chase Village.
3. I am over the age of eighteen (18) years and competent to enter into this waiver and release. I hereby execute and deliver this waiver and release voluntarily and with full understanding of the contents and consequences thereof to induce Chevy Chase Village to permit me to participate in the program at Chevy Chase Village Hall.

Signature of Participant

Printed Name

Date

Street

E-mail Address

City, State, Zip Code

Home Telephone Number

Cell Phone Number

See Reverse for Registration.