



Watertown Parks & Recreation Department
 514 South First Street
 920-262-8080
 www.ci.watertown.wi.us



2019 Free Fitness Classes

Program: Free Fun Friday Fitness Glow Parties!! Get your summer weekends off to a healthy start by trying out our fitness classes for free with a fun twist! The lights will be turned down low and glow necklaces and bracelets will be handed out. Participants will receive a discount coupon for upcoming fitness classes. Pre-registration is required.

Class Descriptions:

Zumba – Uses Latin inspired dance moves to combine fitness, fun and frivolity into exhilarating dance moves to have you burn calories while toning and sculpting your body.

Pound – Fuse drumming, cardio, upbeat music while toning your body.

Aqua Zumba Aqua Zumba blends the Zumba philosophy with water resistance with less impact on your joints.

Class Options:

Date	Time	Class	Location
Friday, June 28	7:00 pm	Pound	Watertown Senior Center
Friday, July 12	7:00 pm	Aqua Zumba	Watertown Aquatic Center
Friday, July 19	7:00 pm	Zumba	Riverside Park – Legion Shelter *Rain Location is Watertown Senior Center (use 1 st Street entrance-brown door)
Friday, August 23	6:00 pm	Zumba	Watertown Senior Center
Friday, August 23	7:15 pm	Pound	Watertown Senior Center

Register Online: <https://watertownwi.recdesk.com/community>

Special Needs: The department will make every effort to comply with the regulations associated with the American’s with Disabilities Act (ADA). In the space provided, list any special needs that the participant may have that would benefit his/her participation in this program. The department will attempt to accommodate these needs and will contact you to discuss participation. **Student should communicate any special needs with their instructor.**

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Name _____ Age _____ DOB: _____ M or F

Address _____ City _____

Phone _____ Email _____

Circle Option(s): June 28 –Pound July 12 – Aqua Zumba July 19 – Zumba

Aug 23 – Zumba Aug 23 - Pound

List any special needs or medical conditions this participant has _____

I understand the inherent risk of injury in participation in this sports program and verify that the person listed above is medically fit to participate. I give my permission to the supervisors of this program to take the proper steps in case participant listed above is in need of emergency medical attention. I also release the sponsoring groups and their agents from any and all claims arising from this participant’s participation in this activity.

Signature of Participant _____ Date _____