



Zumba Class Proposal for Surry County High School

- **Purpose**

Founded in 2001, Zumba Fitness is a global lifestyle brand that fuses fitness, entertainment and culture into an exhilarating dance-fitness sensation! Zumba® exercise classes are "fitness-parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

- **Format**

A 1-hour Zumba class with the following components: dancing, aerobics, and choreography. The class will use a stereo system and music provided by the instructor. The instructor is available to teach at 4:00pm once or twice a week Monday-Thursday. The instructor will be Anne "Tori" Rhodes.

- **Class Duration**

This class generally runs for 6 weeks, but the duration may be adjusted depending on the establishment's needs.

- **Equipment**

A space will need to be provided by the establishment. Students should wear loose, comfortable clothing with sneakers. The instructor will provide a sound system and music for the class. A Zumba Fitness Waiver/Release Form will need to be signed by each participant prior to taking the class. The establishment and the instructor assume no responsibility for any medical expenses, injury, damage, or death suffered by the participant in connection with the use of any facilities or services in connection with the activity.

- **Cost**

The cost is \$5.00 per class per participant. The participant is expected to pay the instructor upon arrival to the class.

Sample Fitness Class Proposal

Regina A. Rochford



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