Harpswell Recreation Presents:

ADULT PROGRAM
Distribution Date: 8/20/15
Due Date: 9/20/15

Fiesta Fitness Dance

If you hate to workout, but love to dance, Fiesta Fitness is a great cardio workout that never gets boring. It uses 80% Latin flair music with 20% multicultural music. This class combines dance and cardio to:

Strengthen your heart *Tone your muscles*

Improve balance *Burn fat*

All fitness levels welcome and you can go at your own pace. Please wear comfortable sneakers, workout clothes, and bring a water bottle.

Instructor Nicole Smith has lived in Harpswell over 20 years. She and her husband are raising two sons. Nicole has been practicing Zumba and Fiesta Fitness for 6 years under Tony Garreton, and is now certified in Fiesta Fitness, Fiesta Suave, and Fiesta Abs.

WHEN? Monday and Wednesday, 6 - 7 pm

DATES? September 28 - October 28 (10 classes)

WHERE? Harpswell Community School, Gymnasium

COST? $80 for 10 classes, $45 for 5 classes (M or W), $10 per class drop-in

FMI contact Harpswell Recreation at 833-5771 ext. 108 or recreation@town.harpswell.me.us. Payment can be made by cash, check or credit card. Please makes checks payable to Town of Harpswell. Mail or drop form off at the Town Office, PO Box 39, 263 Mountain Road, Harpswell, ME, 04079

Fiesta Fitness - FALL 2015

R4170 $80/$45/$10_____

Name_____

Address_____ Zip_____

Phone_____ Email_____

Do you have physical limitations?_____

Circle One: Full Class $80 Five Classes $45 Drop-In $10/class

Participant Release/Assumption of Risk Agreement/Agreement to Indemnify & Hold Harmless

Each person signing below understands that participation in the Town of Harpswell ("Town") program, activity and/or special event can involve the risk of damage and injury, including serious injury, to both people and property. Each person signing below understands and agrees that the Town, its agents, officers and employees, accept no responsibility, and will not be liable, for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of the Town, its agents, officers or employees) occurring during or arising out of participation in any Town program, activity and/or special event. To the fullest extent permitted by law, each person signing below agrees to assume all risk of injury, harm or damage to his/her person or property arising during or in connection with said Town program, activity and/or special event. Each person signing below hereby releases and agrees to indemnify and hold harmless the Town, its agents, officers and employees, and Nicole Smith from any and all liability, actions, damages and claims of any kind and nature whatsoever for any injury, harm or damage to his/her person or property (including, but not limited to, injury, harm or damage caused by negligence of the Town, its agents, officers or employees) that may arise or occur during or in connection with said program.

Signature_____ Date_____