



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

JE Gale



Sample Fitness Class Proposal:

Embracing the Tune of Phrase: An Psychological Symphony within **Sample Fitness Class Proposal**

In some sort of eaten by screens and the ceaseless chatter of quick conversation, the melodic elegance and emotional symphony produced by the prepared term usually fade into the backdrop, eclipsed by the persistent sound and disruptions that permeate our lives. However, located within the pages of **Sample Fitness Class Proposal** a wonderful literary treasure overflowing with raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, that fascinating masterpiece conducts visitors on a psychological trip, well unraveling the hidden songs and profound impact resonating within each cautiously constructed phrase. Within the depths with this poignant assessment, we will investigate the book is central harmonies, analyze their enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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