



## **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

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*Congressional Record* United States. Congress, 1977

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web oct 25 2023 a testament to cartier s unique vision the les rééditions timepieces are significant milestones in the brand s watchmaking legacy this collection pays homage to its distinctive watch forms and rich heritage an approach that brilliantly captures the aesthetics of the maison

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web dec 12 2006 purchase options and add ons timepieces are the perfect distillation of cartier s craft at once bona fide jewels the ultimate expression of style and miracles of detail and precision they are at the heart of all that the legendary house represents equal in beauty value and design to cartier s jewels each timepiece is an

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web mar 24 2022 cartier singapore watch club is celebrating its sixth anniversary with a collaboration that has resulted in 18 unique cartier watches spanning its collection rather than work on a single model

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web apr 27 2022 the collection includes classics like the tank louis cartier tonneau and santos dumont indeed this collaboration with cartier broke new ground for the swc on many levels he continues in our vision of swc timepieces a big criteria for us is identifying brands with very distinct strengths or historical expertise

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web jun 8 2023 the cartier cle watch collection is a relatively new addition to cartier s line of timepieces first introduced in 2015 the name cle which means key in french refers to the innovative winding mechanism that allows the wearer to set the time and date with just a simple twist of the key shaped crown

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