



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

Donna M. Mertens



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Diplomatic Security: Expanded Missions and Inadequate Facilities Pose Critical Challenges to Training Efforts Jess T. Ford, 2011-10 The Department of State's Bureau of Diplomatic Security DS protects people information and property at over 400 locations worldwide and has experienced a large growth in its budget and personnel over the last decade DS trains its workforce and others to address a variety of threats including crime espionage visa and passport fraud technological intrusions political violence and terrorism This report examined 1 how DS ensures the quality and appropriateness of its training 2 the extent to which DS ensures that training requirements are being met and 3 any challenges that DS faces in carrying out its training mission Charts and tables This is a print on demand edition of an important hard to find publication

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Intelligent Data Engineering and Automated Learning IDEAL 2006 The 170 revised full papers presented were carefully selected from 557 submissions The papers are organized in topical sections on learning and information processing data mining retrieval and management bioinformatics and bio inspired models agents and hybrid systems financial engineering as well as a special session on nature inspired data technologies

Practical Research Methods for Nonprofit and Public Administrators Elizabethann O'Sullivan, 2016-06-03 Organized around the four types of studies typically conducted by effective managers and programs Practical Research Methods for Nonprofit and Public Administrators integrates traditional research methods topics with specific management applications This unique text includes extensive end of chapter exercises highlighting the importance of qualitative methods and emphasizing practical skills managers should be able to easily and correctly apply

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Congressional Record United States. Congress, 1977

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