

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

Elizabethann O'Sullivan

Sample Fitness Class Proposal:

Resources in Education ,1997 Creative Ideas For Teaching Evaluation Donna M. Mertens, 2013-04-17 In 1976 the first session on the teaching of evaluation was held at an annual meeting of evaluators A few hardy souls gathered to exchange ideas on improving the teaching of evaluation At subsequent annual meetings these informal sessions attracted more and more participants eager to talk about common teaching interests and to exchange reading lists syllabuses assignments and paper topics The ses sions were irreverent innovative lively and unpredictable Eventually the group for malized itself with the American Evaluation Association as the Topical Interest Group in the Teaching of Evaluation TIG TOE As word of TIG TOE's activities spread instructors from all over the country clamored for assistance and advice It became apparent that a handbook was need ed a practical interdisciplinary guide to the teaching of evaluation Donna M Mertens a long standing member of TIG TOE and an accomplished teacher of evaluation volunteered to edit the book and her skills sensitivity and experience in the craft of teaching are apparent throughout 36 Sample Ouestion Papers: CBSE Class 10 for Term 2 November 2022 Examination Oswal - Gurukul, 2022-01-30 Molecular Microbiology Laboratory Walt Ream, Bruce Geller, Katherine Field, 2012-08-31 Intends to teach principles and techniques of molecular biology and microbial ecology to upper level undergraduates majoring in the life sciences and to develop students scientific writing skills This title exposes students to the molecular based techniques It provides faculty with an accessible resource for teaching protocols Pilates for Children and Adolescents Celeste Corey-Zopich, Brett Howard, Dawn-Marie Ickes, 2014-04-01 WorldCat. Pilates for Children and Adolescents is the first comprehensive manual of guidelines and formal curriculum for teaching Pilates to young people This book includes Guidelines for teaching Pilates to young people Why Pilates is beneficial for children age 6 11 and adolescents age 12 19 Crucial anatomical and cognitive development considerations for working with young people Additional relevant topics designed to equip the Pilates teacher with tools for creating relevant and safe programs for different age ranges such as safety considerations exercise contraindications scope of practice and ethics considerations for working in a variety of environments within both the public and private sectors age appropriate exercises from the Pilates repertoire a formal curriculum for teaching Pilates in schools including sample lesson plans appendices which cover working with children with special needs Pilates in the Schools pilot study results and resources A Strategic Guide to Technical Communication - Second Edition (US) Heather Graves, Roger Graves, 2012-05-23 A Strategic Guide to Technical Communication incorporates useful and specific strategies for writers to enable them to create aesthetically appealing and usable technical documentation These strategies have been developed and tested on a thousand students from a number of different disciplines over twelve years and three institutions. The second edition adds a chapter on business communication reworks the discussion on technical style and expands the information on visual communication and ethics into free standing chapters The text is accompanied by a passcode protected website containing materials for instructors

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progress you ll implement various use cases for facial keypoint recognition multi object detection segmentation and human pose detection This book provides a solid foundation in image generation as you explore different GAN architectures You ll leverage transformer based architectures like ViT TrOCR BLIP2 and LayoutLM to perform various real world tasks and build a diffusion model from scratch Additionally you ll utilize foundation models capabilities to perform zero shot object detection and image segmentation Finally you ll learn best practices for deploying a model to production By the end of this deep learning book you ll confidently leverage modern NN architectures to solve real world computer vision problems What you will learn Get to grips with various transformer based architectures for computer vision CLIP Segment Anything and Stable Diffusion and test their applications such as in painting and pose transfer Combine CV with NLP to perform OCR key value extraction from document images visual question answering and generative AI tasks Implement multi object detection and segmentation Leverage foundation models to perform object detection and segmentation without any training data points Learn best practices for moving a model to production Who this book is for This book is for beginners to PyTorch and intermediate level machine learning practitioners who want to learn computer vision techniques using deep learning and PyTorch It's useful for those just getting started with neural networks as it will enable readers to learn from real world use cases accompanied by notebooks on GitHub Basic knowledge of the Python programming language and ML is all you need to get started with this book For more experienced computer vision scientists this book takes you through more advanced models in the latter part of the book Public utility rate proposals of President Carter's energy program (part E of S. 1469) United States. Congress. Senate. Committee on Energy and Natural Resources. Subcommittee on Energy Conservation and Regulation, 1978 Public Utility Rate Proposals of President Carter's Energy Program (part E of S. 1469): September 8, and 9, 1977 United States. Congress. Senate. Committee on Energy and Natural Resources. Subcommittee on Energy The Handbook of Technical Conservation and Regulation, 1978 Teaching Business Writing Jeanne W. Halpern, 1983 Writing Mary Lee, 1990 **Resources in Technical Communication** Cynthia Selfe, 2017-03-02 Provides the instructors of introductory technical communication courses with a set of resources for their classrooms **Congressional Record** United States. Congress, 1977

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