



## **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**

**Kris E. Berg, Richard Wayne Latin**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the authors' names.

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**Modern Computer Vision with PyTorch** V Kishore Ayyadevara, Yeshwanth Reddy, 2024-06-10 The definitive computer vision book is back featuring the latest neural network architectures and an exploration of foundation and diffusion models Purchase of the print or Kindle book includes a free eBook in PDF format Key Features Understand the inner workings of various neural network architectures and their implementation including image classification object detection segmentation generative adversarial networks transformers and diffusion models Build solutions for real world computer vision problems using PyTorch All the code files are available on GitHub and can be run on Google Colab Book Description Whether you are a beginner or are looking to progress in your computer vision career this book guides you through the fundamentals of neural networks NNs and PyTorch and how to implement state of the art architectures for real world tasks The second edition of Modern Computer Vision with PyTorch is fully updated to explain and provide practical examples of the latest multimodal models CLIP and Stable Diffusion You ll discover best practices for working with images tweaking hyperparameters and moving models into production As you

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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 Conservation and Regulation,1978      *Teaching Business Writing* Jeanne W. Halpern,1983      **The Handbook of Technical 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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