



You're  
Invited!



**NEW Private Zumba Classes forming NOW!**

**Private Classes** at People Inc.'s Arts Experience are forming for the New Year and **YOU** determine when they begin!

**In 8 week sessions, classes with a minimum of 5 and maximum of 10 students will begin soon** - all you need to do is register with Sow It Now Health & Fitness!!

Register by...

*By January 3, 2014	\$30 for 8 weeks! (40% off)
*By January 6, 2014	\$35 for 8 weeks (30% off)
*By January 10, 2014	\$40 for 8 weeks (20% off)
After January 11, 2014	\$50 for 8 weeks

\*Those who register prior to January 11<sup>th</sup> have input as to when classes take place! Classes will begin once a minimum of 5 participants have registered!

Use the enclosed registration form to register for classes and chose which days/times work for YOU!

**Check out the benefits of private classes versus classes held a local gyms!**

Classes at:      A Large Gym      V.      Private Classes

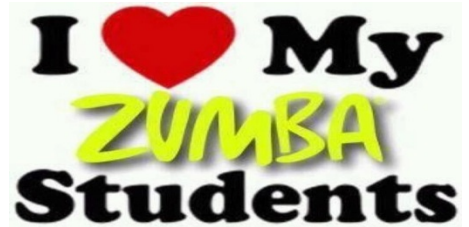
40+ students	5-10 students
Can't always see the instructor	Instructor is face to face with students
You pay for what you may not need	You pay only for what you want
Mix of experienced and inexperienced students	All students begin new at the same time
Difficult to get to know the Instructor	The Instructor knows you and your personal needs
Cheering, Yelling & being called on are common	Be as loud or as quiet as you want - the Instructor is there to SHOW you by letting YOU feel the music!!!

**Grab your friends and create a class just for you!!!!**

**\*The start and end dates of classes will be announced to registrants when classes reach at least 5 participants – 50% deposit required with Registration Form. You are guaranteed a class at a time convenient for you when you send in the registration by the dates listed above.**



# Zumba Fitness Class Registration



Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ NY \_\_\_\_\_

Email Address: \_\_\_\_\_ @ \_\_\_\_\_

Age: 14-20 \_\_\_ 21-25 \_\_\_ 26-30 \_\_\_ 31-35 \_\_\_ 36-40 \_\_\_ 41-45 \_\_\_ 46-50 \_\_\_ 51-55 \_\_\_ 56-60 \_\_\_

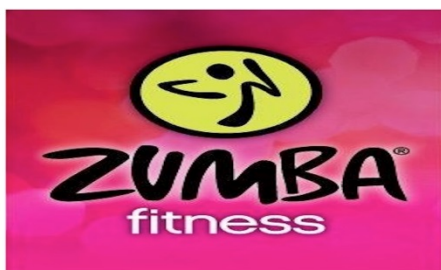
\*Previous Injuries/Restrictions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*Note: In traditional classes, there is some twisting, pounding, jumping, balancing, and bending of the knees that is involved. The Instructor will be tailoring classes to meet the needs of registered students but not all moves can be modified to eliminate the above mentioned motions. Each student should take precautionary measures to perform only the moves they are able and comfortable performing without the infliction of pain or further injury. It is strongly recommended that Zumba sneakers be purchased for these classes due to the level of support they provide and the absence of traditional treading which makes the twists and turns easier and lifts pressure commonly placed on the ankles during Zumba classes (zumba.com).

Areas of Focus (Check ALL that apply)

- Upper Arms  Lower Arms  Abdominals  Upper Back  Lower Back   
 Obliques (Sides)  Hips  Thighs  Calves  Glutes (Buttocks)

**BECOME THE NEW YOU THAT YOU'RE LOOKING TO BE...ALL BY DANCING THOSE EXTRA POUNDS AWAY!!!!**



**Days/Times Most Desired (for 50 Minute Classes – check any open slots – based on Instructor availability)**

<b>Times</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>8AM</b>							
<b>9AM</b>							
<b>10AM</b>							
<b>11AM</b>							
<b>12PM</b>							
<b>1PM</b>							
<b>2PM</b>							
<b>3PM</b>							
<b>4PM</b>							
<b>5PM</b>							
<b>6PM</b>							
<b>7PM</b>							
<b>8PM</b>							
<b>9PM</b>							