



Every participant is required to complete the liability release form prior to participation in any ZUMBA® class at Rollers. Please bring the release form, completed, to your first class. You only need to complete this release once – It will be kept on file. Thanks!

What is Zumba®?

Zumba® is a fitness program inspired by dance which combines a variety of rhythms and cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Zumba® takes you on an international journey through dance and rhythms including Salsa, Reggaeton, Hip Hop, Belly Dance, Cumbia and much more. Zumba® utilizes the principles of fitness interval and resistance training to maximize caloric output, fat burning, and total body training. It is the best work out you never had. So ditch the work out and join the party.

Date: _____

Birthdate: ____/____/____

Name: _____

Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Sex: ()M ()F Student? ()Y ()N

Liability and Assumption of Risk Waiver must be filled out entirely to participate in Zumba® at Rollers, 701 Graham Street, Emporia, Kansas. Those under 18 are required to have parental/guardian consent.



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