

# Shake it up! Belly Dancing Classes at the Fort Lauderdale Woman's Club

Every Tuesday evening from 6:30 to 7:30 pm

Belly dancing is a non-impact exercise suitable for all ages. Many of the moves involve isolations, which improves flexibility of the spine and strengthens abdominal muscles in a gentle way. It is also a good exercise for the prevention of osteoporosis.



- Belly Dancing Instructor, Linda Balent
- Class fee is a charitable donation to the Fort Lauderdale Woman's Club - \$15 for non-members and \$10 for FLWC members.
- Please wear comfortable, flexible clothing i.e. exercise pants, tank tops or tees, soft ballet type shoes or you may go barefoot. Hip scarves can be purchased at classes.
- For questions call Linda Postyn 954-817-1096.

Established in 1911 as a civic organization, the FLWC is located at 20 South Andrews Ave, Fort Lauderdale

How did you hear about the classes? \_\_\_\_\_

Please supply us the following personal information (all required, information will be kept confidential):

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  Cell  Home

Mailing Address: \_\_\_\_\_

Email: \_\_\_\_\_ Birthdate: \_\_\_\_\_

\* If you would like an update on classes or performances, please make sure we have your email address.

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Do you have any health conditions, concerns, or limitations we should be aware of?  Yes  No

If yes, please explain: \_\_\_\_\_

**Waiver of Liability and Informed Consent Release:** I understand that belly dancing, like any other physical conditioning or exercise program, presents some unavoidable risk of injury, especially to people who have pre-existing injuries, illness or medical disabilities. I expressly assume all risks of my participation in belly dance classes or activities related therein, and wave any claim I might otherwise bring against the participating instructors and/or the Fort Lauderdale Woman's Club, as a result of injury from or relating to my participation in belly dance classes or related activities. To the best of my knowledge, I do not have any physical limitations, medical ailments, physical or mental disabilities that would limit or prevent me from participating in the above mentioned activity, and, if required, I will obtain a medical examination and clearance. Additionally, instructors nor the Fort Lauderdale Woman's Club will not be held responsible or liable for any articles lost, stolen or damaged, while participating in class.

I HAVE READ AND FULLY AGREE TO THE TERMS OF THIS WAIVER AND RELEASE. I UNDERSTAND AND CONFIRM THAT BY SIGNING THIS WAIVER AND RELEASE I HAVE GIVEN UP CONSIDERABLE FUTURE LEGAL RIGHTS THAT I MAY HAVE AGAINST THE ABOVE NAMED RELEASED PARTY. I HAVE SIGNED THIS WAIVER FREELY, VOLUNTARILY, UNDER NO DURESS OR THREAT OF DURESS, WITHOUT INDUCEMENT, PROMISE OR GUARANTEE BEING COMMUNICATED TO ME. MY SIGNATURE IS PROOF OF MY INTENTION TO EXECUTE A COMPLETE AND UNCONDITIONAL WAIVER AND RELEASE OF ALL LIABILITY TO THE FULL EXTENT OF THE LAW. I AM MENTALLY COMPETENT TO ENTER INTO SUCH AN AGREEMENT.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_