

# Lindenwoods WINTER Session 2026- Part 1



**In-Person Classes Starts Mon Jan 5<sup>th</sup>- Feb 21<sup>st</sup>, 2026 (7 Week Session)**

**7 Week Session Jan 5<sup>th</sup> to Feb 21<sup>st</sup>, 2026**

**EARLY BIRD RATE:** 7 Class Pass for \$75 or 14 Class Pass for \$125 or Unlimited Class Pass for \$149 (Yoga included) if you register Dec 28<sup>th</sup>, 2025. There is a special **Monday Only 6 Class Pass for \$70** early bird. Select your timeslot on form.

## **In-Person ZUMBA & Zumba Toning with Laura & Alyssa**

<b>Tues/Thurs</b>	7:15 pm to 8:15 pm (Thurs Class is Half Zumba Toning)
<b>Monday</b>	10:00 am to 10:55 am (No Class on Feb 16 Holiday)

## **In-Person Yoga with Caryn**

<b>Thursday</b>	6 pm to 7 pm
-----------------	--------------

## **In-Person Strong Nation w/Judy**

<b>Saturday</b>	9:15 am to 10:15 am
-----------------	---------------------

## **Livestream Classes with Yvonne, Brittany, Laura, & Judy**

<b>Monday</b>	7 pm Zumba & Yoga "Pop-up" Classes
<b>Sat/Sun</b>	"Pop-up" Classes w/Yvonne & others

## **30 Day VIRTUAL Zumba & Yoga Classes-Over 30 classes on-demand every day for a month**

Virtual Classes include Zumba, Zumba Toning, Yoga classes. Strong Nation, Weight Training & MORE

Virtual Only \$50/month or \$15 per week

**Virtual Special \$99** (for 3 Months)

Check out the latest livestream & virtual class schedule at [www.yvonesfitness.ca](http://www.yvonesfitness.ca)



## Yvonne's Fitness Registration Form- Lindenwoods CC

### **Fall 2026 PART 2- Mon. Jan 5<sup>th</sup> -Feb 21<sup>st</sup> (7 Week Session)**

Yvonne's Fitness-Cell: (204) 295-6060, [zumbafunwithyvonne@gmail.com](mailto:zumbafunwithyvonne@gmail.com), [www.yvonnfitness.ca](http://www.yvonnfitness.ca)

•Please fill out in full and return back with full payment to Yvonne's Fitness (e-transfer or pay online)

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone (Day): \_\_\_\_\_ Phone (Evening/Cell): \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Age: \_\_\_\_\_

**\*I consent to receiving e-mail regarding Zumba & Fitness activities with Yvonne's Fitness\* YES \_\_\_ NO \_\_\_**

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

•Please indicate which timeslot you will be attending (Limited SPOTS-Reserve Early):

#### **Zumba Classes-in large gym**

\_\_\_ Tues 7:15-8:15 pm

\_\_\_ Thurs 7:15-8:15 pm (Half Zumba & Half Toning)

\_\_\_ Mon 10:00-10:55 am **(NEW TIME)** NO Class on Feb 16

#### **Yoga Class in MPR**

\_\_\_ Thurs 6 pm to 7 pm

#### **Strong Nation Class in MPR**

\_\_\_ Sat 9:15- 10:15 am

#### **Livestream & Virtual Classes**

\_\_\_ Monday 7 pm "Pop-up" Classes

AND 30-DAY Virtual recordings on demand any time-links sent every 1<sup>st</sup> of the month.

•What pass would you like? (Incl. GST)-once/week, get 9 class pass; twice/week, get 18 class pass, three/unlimited

\_\_\_ 7 CLASS PASS .....\*\$75/\$80 \_\_\_ 14 CLASS PASS ....\*\$125/\$135 \_\_\_ Unlimited CLASS PASS... \*149/\$159

\_\_\_ 6 CLASS PASS .....\*\$70/\$75 (Monday Only Pass)

**\*Early Bird Pricing by Dec 28<sup>th</sup>, 2025**

\_\_\_ Zumba or Yoga Drop-in.....\$15

\_\_\_ Virtual Only.....\$50/month \_\_\_ Virtual Only.....\$15/week

\_\_\_ **Virtual 3 Month Special for \$99** (Virtual Classes every day any time)

**\*\*\*In-Person Passes are non-refundable and non-transferable and expire at the end of Winter Session Part 1\*\*\***

Total Payment Enclosed: \$ \_\_\_\_\_ Payment Type: Cash \_\_\_ E-transfer \_\_\_ ([zumbafunwithyvonne@gmail.com](mailto:zumbafunwithyvonne@gmail.com))

\_\_\_ online payment ([www.yvonnfitness.ca](http://www.yvonnfitness.ca)) (no cheques please)

•Submit: Registration Form, PAR-Q & Waiver Form, & Payment to **Yvonne's Fitness**

**Yvonne Bayer-Cheung** is a licensed Zumba & Yoga Instructor with certifications in Zumba Basic 1 & 2, Zumba Toning, Zumba Kids, Zumba Gold, Aqua Zumba & Zumba Step. Strong Nation & Zumbini as well as YogaFit Level 1,2,3,4 & Seniors & Kids. She is also a certified FIS (Fitness Instructor Specialist), and CanFitPro member and CPR Trained. Yvonne has over 20 years of dance and teaching experience. Register early and reserve a spot now. E-mail at [zumbafunwithyvonne@gmail.com](mailto:zumbafunwithyvonne@gmail.com) or call **204-295-6060** for more information. Check out [www.yvonnfitness.ca](http://www.yvonnfitness.ca) or [www.facebook.com/ZumbaWithYvonne](https://www.facebook.com/ZumbaWithYvonne).

*Schedule subject to change.*

**PAR-Q & YOU**  
**Physical Activity Readiness Questionnaire**  
**& Fitness Waiver**

All participants are required to read and fill in the form, answering in truth in order to register and participate in any of the Zumba/Yoga classes at LWCC. Once completed, submit with full payment to Yvonne's Fitness.

**PAR-Q & YOU:** Please check the appropriate answer:

1. Has your Doctor ever said that you have heart condition and that you should only do physical activity recommended by a Doctor? YES\_\_\_ No\_\_\_
2. Do you feel pain in your chest when you do physical activity? YES\_\_\_ No\_\_\_
3. In the past month, have you had chest pain when you were not doing physical activity? YES\_\_\_ No\_\_\_
4. Do you lose your balance because of dizziness or do you ever lose consciousness? YES\_\_\_ No\_\_\_
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? YES\_\_\_ No\_\_\_
6. Is your Doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? YES\_\_\_ No\_\_\_
7. Do you know of any other reason why you should not do physical activity? YES\_\_\_ No\_\_\_

**\*\*\*If you checked "YES" to any of the questions above, you will require your doctor's approval before participating\*\*\***

**AGREEMENT OF RELEASE AND WAIVER OF LIABILITY FOR ZUMBA/YOGA/FITNESS CLASSES**

\_\_\_\_\_ (herein referred to as the participant)

**(Print YOUR name)**

I, the above named participant, hereby agree to the following:

1. I am participating in classes taught by the authorized ZUMBA/YOGA/FITNESS instructor or licensed substitute. I recognize that the classes may involve strenuous physical activity including, but not limited to, cardiovascular conditioning and interval training, muscle strength and endurance training, and other various fitness activities that may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the ZUMBA/YOGA classes. I represent and warrant that I am in good physical condition and do not suffer from any known disability or medical condition which would prevent or limit my participation in this exercise program.
3. In consideration of being permitted to participate in ZUMBA/YOGA classes, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as result of participating in the program.
4. In consideration of being permitted to participate in ZUMBA/YOGA classes, I knowingly, voluntarily and expressly waive any claim I may have against licensed instructor for injury or damages that I may sustain as a result of participating in the program.
5. I, my heirs or legal representatives forever release, discharge and covenant not to sue licensed instructor for any injury of death caused by their negligence or other acts.

I HAVE READ THE ABOVE RELEASE AND WAIVER OF LIABILITY AND FULLY UNDERSTAND ITS CONTENTS. I VOLUNTARILY AGREE TO THE TERMS AND CONDITIONS STATED ABOVE.

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARTICIPANT SIGNATURE

**If participant is under age 18:**

AS LEGAL GUARDIAN OF \_\_\_\_\_, I CONSENT TO THE ABOVE TERMS AND CONDITIONS.

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE OF PARENT