



**ZUMBA LITE: 8 Sessions for \$20 Instructor: Deb Wells**  
Tuesdays starting Jan. 17<sup>th</sup> 10 AM @ MSI Exercise Facility

**CHAIR AEROBICS: 8 Sessions for \$20 Instructor: Deb Wells**  
Tuesdays starting Jan. 17<sup>th</sup> 2 PM @ MSI Exercise Facility

**ZUMBA: 8 Sessions for \$20 Instructor: Deb Wells**  
Wednesdays starting Jan. 18<sup>th</sup> 6:30 PM @ New Gym St. Paul Schools

**TAI CHI: 8 Sessions for \$20.00 Instructor: Michelle Woodgate**  
Fridays starting Jan. 20<sup>th</sup> 10 AM @ MSI Exercise Facility

Sponsored by  
**Howard County Medical Center and St. Paul Metabolic Syndrome Institute**

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REGISTRATION AND CONTACT INFORMATION

Participant Name \_\_\_\_\_ DOB: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Work: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
EMAIL ADDRESS: \_\_\_\_\_

The above participant acknowledges that they will be participating in activities on their own behalf and hereby release, discharge and agree to hold harmless the Howard County Medical Center, Howard County Medical Center Foundation, it's Board of Directors, officers, employees and agents from any and all claims resulting in personal injury, accidents, illnesses and property loss) .

I would like to pre-register for: ZUMBA\_\_ ZUMBA LITE\_\_ CHAIR AEROBICS\_\_  
TAI CHI\_\_ (PLEASE CHECK)

\_\_\_\_\_  
Participant

\_\_\_\_\_  
Date

Send or Deliver **Completed and Signed** Pre-Registration form and Payment to:

Cindy Rasmussen, Howard County Medical Center  
PO Box 406, St. Paul, NE 68873 PH: 308-571-0321

[crasmussen@hcmc.us.com](mailto:crasmussen@hcmc.us.com)

