

# Spring 2018 WERQ

join us for a wildly addictive cardio dance workout based on the hottest pop and hip hop music!

**Date:** Wednesdays; April 4 - May 30 (8 sessions)  
6:00pm (No class April 25)

*This class is high-impact but low-impact modifications will be given.*

**Cost:** \$24 if prepaid  
\$4 drop-in fee.  
Checks may be made out to 'Marilou Slagter'.



Name \_\_\_\_\_

Preferred Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Emergency Contact Phone \_\_\_\_\_

Instructor: Marilou Slagter

Gary Byker Library  
3338 Van Buren  
Hudsonville, MI 49426  
616.669.1255  
[www.hudsonville.org/library](http://www.hudsonville.org/library)

## Information:

Wear comfortable clothes and bring a towel and water bottle.

For more information contact instructor **Marilou Slagter** at [slagter.marilou@gmail.com](mailto:slagter.marilou@gmail.com) or call 616.990.5551. Bring this form with you to your first session.

## General Policies:

1. You must sign a waiver at your first class.
2. Payment is due at the start of class.
3. Students will be notified if a class is full or cancelled.
4. Register early to prevent class cancellation due to low enrollment

## Release & Waiver of Liability

I, the undersigned, hereby expressly and affirmatively state that I wish to participate in WERQ exercise class with Marilou Slagter, WERQ instructor at Gary Byker Memorial Library of Hudsonville. I realize that my participation in this activity may involve risk of injury.

I hereby expressly assume all of the delineated risk of injury and all other possible risk of injury which could occur by reason of my participation. I do hereby waive, release and forever discharge Marilou Slagter, and the Gary Byker Library of Hudsonville, and its employees from any and all responsibility or liability for injury or damage resulting in my participation in this activity.

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

Parent/guardians signature (If under 18yrs): \_\_\_\_\_

Your first  
class is  
**FREE!**