

ADACI
ALZHEIMER'S & DEMENTIA ASSOCIATION
OF THE CAYMAN ISLANDS

FITNESS PALOOZA

THE ALZHEIMER'S AND DEMENTIA ASSOCIATION
AT THE ARC AT CAMANA BAY
Saturday, September 24th
9am to 12 noon

- Zumba
- Reggae Aerobics
- Yoga (adults only)
- Parent & Child Yoga
- Kids dance routine and many other fun activities

Yoga Sprouts

\$20 ADULTS
CHILDREN FREE

JOIN US FOR A DAY OF FITNESS FUN FOR THE WHOLE FAMILY!

Fruits, yogurt and water provided.
Lots of Prizes and Surprises!
For more info call: **924-4170**

Designed By: WAXCT Graphics & Signage (Ph. 923-4550 | info@waxct.com | www.waxct.com) 2016

Come out and support the Alzheimer's and Dementia Association of the Cayman Islands in its efforts to raise funds and awareness for Alzheimer's and Dementia in the Cayman Islands.

Family Fitness PaLooza – this is an event for the whole family.

All funds raised will go towards our various educational and care projects.

Schedule of Events

- Registration.....9:00am
- Zumba (Linzi Swift)9:30am
- Reggae Aerobics (Callroy Harris).....10:10am
- Yoga (Janine Martins)10:50am

Kids dance routine by Melissa McField

Interactive booths, Parent & Child Yoga by Yoga Sprouts from 9:30 – 11:30am

Only two paying adults per family

Goodie bags for everyone attending

Registration Form

All participants must complete the form below – Please print

Name: _____

Address/Box #: _____

Phone: (H) _____ (W) _____ (M) _____

Email: _____

Corporate Office: _____

Minor children: _____

WAIVER: In consideration of the following and of acceptance of my application and the permission to participate in the Fitness Palooza (the "Event"), I, for myself, my heirs, executors, administrators, successors and assigns and any minor for which I am signing this waiver (collectively the "Releasers"), hereby release, waive and forever discharge the Alzheimer's and Dementia Association of the Cayman Islands, the ARC at Camana Bay, all sponsors, contributors, contractors, employees, volunteers, parent, subsidiary and affiliate companies and sanctioning bodies of and from all claims, demands, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property however caused, arising or to arise by reason of the Releasers' participation in the said Event, whether as a spectator, participant, competitor or otherwise, whether prior to, during or subsequent to the Event, and of any of the aforesaid.

The Releasers further hereby undertake to save and hold harmless and agree to indemnify all of the aforesaid from and against any and all liability incurred by all of them as a result of, or in any way connected with, the Releasers' acknowledge, having read and agreed to the above waiver, release and indemnity, that it is understood this document constitutes a waiver of their right to sue.

The Releasers further acknowledge that they understand there are risks associated with participating in the Event and that they are physically fit to participate in this Event. The Releasers assume all risks from their voluntary participation in this Event and its related activities including, but not limited to: falls; contact with other participants; effects of the weather, including high heat, humidity, precipitation, all such risks being known and appreciated by the.

Applications for minors will be accepted only with a parent's signature as indicated below.

Signature: _____

Date: _____