NEW

BROOK PARK RECREATION

AEROBICS REGISTRATION 2008

Total Body Conditioning

Come out to enjoy a total body workout that includes, weight work, mat work, with simple choreography for a challenging workout.
All fitness levels welcome.

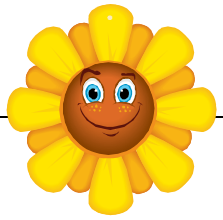
REGISTRATION GUIDELINES

Session Dates: Tuesday & or Thursday's
Tuesday, September 16th – Thursday, October 9th.
Class time: 5:00pm-6:00pm
Where: Community Room

FEE Guidlines:

One class per week = $20 Two classes per week= $40

****NO WALK-IN FEES OFFERED AT THIS TIME.**



Registration Form

Name_____Phone(_____)_____

Address_____City_____Zip_____

Emergency Phone(_____)_____Emergency Contact_____

Please Check One:
Resident_____ Resident Senior_____ Non-Resident_____ Non-Resident Senior_____

I, the undersigned, do agree to assume all risks and hazards while participating in this program, including transportation to and from the program; agree that neither the City of Brook Park, the Recreation Dept. nor the staff member connected with the program will in any way be held responsible or liable for any injuries or medical expenses that may occur.

_____ /_____
Participants Signature Date

OFFICE USE ONLY:
Fee: $_____ Date_____ Receipt #_____ Emp_____