

JUNE-AUGUST GROUP FITNESS

WHAT

WHAT

**Fusion
Fitness
Training™
Monday
7:10-7:50PM**

JOIN A CLASS TODAY!!!

**Cardio
Sculpt
Tue/Thursday
5:15-6:00 AM
Senior Strength Training
Wed/Fri 10:30-11:30AM**

WHAT

WHAT

**Body Sculpt
Mon/Wed
6:00-7:00 PM**

CLASSES BEGIN MONDAY,
JUNE 23 AND END
AUGUST 8.

**Fusion Fitness
Training™ Thursday
6:30-7:10PM**

OTHER

OTHER

Body Sculpt: is a deep muscle toning program based on isotonic and isometric principles for fast toning results. Lisa Sheldahl is the instructor.

Senior Strength Training: This FREE class is geared towards active older adults and uses basic exercises with weights, chairs and steps. Instructor: Merea Bentrott

Fusion Fitness Training™ is a unique blend of fitness conditioning, yoga and other mind-body modalities. Instructor(s): Irene McCormick on Monday Sara Heitz on Thursday.

Cardio Sculpt: This class will use resistance tubing, stability balls, hand and body weights to improve cardio endurance, muscle tone and overall fitness. Increase core strength and flexibility in only 45 minutes of your busy day. Men and Women are welcome because the moves are challenging but easy to follow.

Instructor: Irene McCormick

(a minimum of 12 people must be signed up for class)

Sign up for 2 or more classes and receive \$5.00 off per class

Participant: _____
Address: _____
City: _____ State: _____ Zip: _____
E-Mail: _____
Phone (home): _____ (Cell): _____
Emergency Information:
Emergency Contact: _____
Doctor: _____
Phone: _____ Hospital: _____

I hereby give permission for my child (or myself) to participate in the above registered program activity and certify that my child (or myself) is physically fit to join in the activities. I will not hold the City of Huxley or its appointed staff responsible in care of accident/injury or loss as a result of participation in these activities. All measures will be taken to contact the parents or emergency contact in the event of an emergency. In the event the listed participant requires medical and/or surgical care while I am unable to be reached, I hereby give consent for medical and/or surgical care to the listed doctor or their designee to provide this care. I agree to pay the entire costs contingent on any emergency medical care and/or treatment for the child.

Signature of participant/parent if under age 18 _____ Date: _____

What classes would you like??

CLASS	3C's MEMBER/Non 3C's	Choices
Senior Strength Training		
1. Wed/Friday	FREE	_____
Fusion Fitness Training™		
2. Monday	\$10.00/\$20.00	_____
Cardio Sculpt		
3. Tues/Thurs	\$20.00/\$40.00	_____
Body Sculpt		
4. Mon/Wed	\$20.00/\$40.00	_____
Fusion Fitness Training™		
5. Thursday	\$10.00/\$20.00	_____

Office use only:

Week One _____

After Week One _____



HUXLEY
PARKS & RECREATION DEPARTMENT

HUXLEY PARKS AND RECREATION 7-WEEK GROUP FITNESS SCHEDULE JUNE-AUGUST

Mon	Tue	Wed	Thu	Fri	Sat	Sun
TINY TIGERS 4:30-5:00 PM Body Sculpt 6:00-7:00 PM Fusion Fitness Training ™ 7:10-7:55 pm	Cardio Sculpt 5:15-6:00 AM	TINY TIGERS 4:30-5:00 PM Senior Strength Training 10:30-11:30 BODY SCULPT 6:00-7:00 PM	Cardio Sculpt 5:15-6:00 AM Fusion Fitness Training ™ 6:30-7:10 PM	Senior Strength Training 10:30-11:30		

NOTES

OTHER

Classes Begin Monday, June 23

Classes End Friday, August 8

Summary:

Body Sculpt—14 classes

Fusion Fitness Training ™ 14 classes (if you take both Monday & Thursday)

Cardio Circuit —14 classes Must have a minimum of 12 participants to have class.

If you or someone you know is interested in teaching a fitness class talk to Josh Larsen to-day.

515-597-2515

3C's will be closed July 4th.