

Fitness Classes

Fee: \$56.00 - 8 Week Session Session 1 - 2010

Location: De Soto Community Center - Fitness Room
32905 W. 84th Street

Class Size: Minimum 6 participants per class

Class Dates: Monday & Wednesday - (September 13, 2010 - November 3, 2010)

Description: **Senior Fitness:** an all encompassing workout for seniors. We will incorporate low-impact aerobic exercises with light strength and flexibility training. This class is designed to improve aerobic endurance, muscle strength, flexibility, balance, and coordination to support the skills required for the activities of everyday life.
Bootcamp Combo: Strength stations with a touch of cardio designed to give you a total body workout in one class. Great for any level of fitness.
Cardio Fusion: A great cardio workout that involves different aerobic drills and stations fused with strength exercises. An intense ab workout each session and a relaxing stretch segment for cool down.

Classes to Choose: (Check Below)

- Senior Fitness: 9:30am - 10:30am
- Bootcamp Combo: 6:30pm - 7:30pm
- Cardio Fusion: 7:30pm - 8:30pm

Release Statement: The undersigned states that he/she understands that the City of De Soto and any subcontractors hired by the city (hereinafter "released parties") are not and shall not be responsible for or liable for any illness, or injury to person or damage to property resulting from the program in which the undersigned is enrolling or being enrolled or from his/her participating in said program, and the participant and the undersigned, if the participant is a minor or under other legal disability, hereby forever releases and holds harmless the released parties, their employees, agents and representatives from any and all claims of any kind that the participant, or the undersigned or their respective heirs, executors, administrators, or assigns may have or claim to have resulting from participation in said program. Also, the undersigned and the participant authorize the City Parks and Recreation to use at its discretion any photograph (s) (black/white or color) taken of the participant in the program and waive any and all claims that the participant or undersigned or their heirs, executors, administrators, or assigns may have or claim to have resulting from such photograph(s) or reproductions thereof.

I have read and understand the release statement: registration invalid without signature of adult.

Participant's Name: _____

Address: _____

Date of Birth: _____ Contact Phone #: _____

E-Mail Address: _____

Participant's Signature: _____

Registration Drop Off or Mailing Information:

De Soto Parks & Recreation
32905 W. 84th Street
P.O. Box C
De Soto, KS 66018



Questions Call:

Justin Huslig
(913) 583-1182 x 131