

Core Essentials

Licensed Instructor: LuCinda Fisher

The core is basically the trunk of the body. Strengthening the core helps to make all activities easier to execute. This class is designed to do just that. We will begin with simple core exercise and throughout the session we will build up to more challenging exercise all to build strength through the core. Bring a mat and a bottle of water and let us all have fun while becoming more healthy.

WHO: ADULTS AGE 18 AND OLDER

WHEN: Apr. 9th—May 14th (*Classes may be postponed due to events*)

DAYS OF THE WEEK: Mondays

TIME: 6:45PM-7:30 PM

WHERE: Nevis Small Gym

FEES: \$36 (\$6 a class)

REGISTRATION FORM Nevis Community Education PO Box 138, Nevis, MN 56467 awhite@nevis308.org
Alex White—Nevis Community Education Coordinator 218-255-0035

Name: _____ **Grade:** _____

Program: _____ **FEE:** _____

Guardian: _____

Address: _____

City: _____ **Zip:** _____

Phone: (Day) _____ (Evening) _____

E-mail Address: _____

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| <p>Method of Payment: Checks payable to Nevis School</p> <p>Check #: _____</p> <p>Cash: _____</p> |
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COMPLETE & RETURN WITH PAYMENT TO REGISTER

The following MUST be signed by all class participants age 18 and older, or by a parent or guardian of any participant under the age of 18.

I CERTIFY THAT MY DEPENDENT LISTED ABOVE (Check one)

_____ IS ADEQUATELY INSURED or _____ DOES NOT HAVE INSURANCE, BUT I ASSUME ALL LEGAL RESPONSIBILITY FOR INJURIES/ACCIDENTS

ARISING THERE FROM. **SIGNATURE:** _____ **DATE:** _____