

6 Week Progressive Total Body Conditioning Program

Licensed Instructor: LuCinda Fisher

WE BEGIN EACH CLASS WITH WALKING/RUNNING INTERVALS AND THEN GO TO THE WEIGHT ROOM FOR SOME SERIOUS WEIGHT LIFTING. EACH CLASS BUILDS ON THE ONE BEFORE. WATCH YOUR BODY RESPOND AS THE CLASS PROGRESSES. THIS CLASS IS ONE HOUR IN LENGTH.

WHEN: Mondays & Thursday

START DATE: June 11th - July 26th (No Classes on July 2nd & 5th)

TIME: 5:00 p.m.—6:00 p.m.

WHERE: Nevis Fitness Center/Tiger Arena

WHO: Age 14-100+

FULL SESSION FEE: \$72 (\$6.00 a class) (Click to Register)

CLASS SIZE: Need at least 5 people to start session

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: _____

Method of Payment: Checks payable
to Nevis School

Check #: _____

Cash: _____

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:** _____