

Fitness Boot Camp

Licensed Instructor: LuCinda Fisher

THERE ARE MANY DIFFERENT TYPES OF BOOT CAMP CLASSES. SOME ARE EASIER THAN OTHERS. SOME ARE DIFFICULT. WE WILL EXPLORE THE DIFFERENT TYPES OF BOOT CAMP CLASSES AND PROGRESS IN DIFFICULTY. COME READY TO WORK HARD AND BRING A MAT, WATER AND A GOOD ATTITUDE!

WHEN: Mondays

START DATE: June 11th - July 23rd (No Class on July 2nd)

TIME: 4:00 p.m.—5:00 p.m.

WHERE: Nevis Fitness Center/Tiger Arena

WHO: Age 14-100+

FULL SESSION FEE: \$36 (\$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: _____