



Trim & Tone – Weight Training for Women

Registration Deadline – December 31

This program is designed for adult women 18 and older. You will learn how to safely build your muscle strength, endurance and flexibility using the weight equipment in our Grindstone Room and Weight Room. Demonstrations and explanations will be given as a group and individually so you feel confident in continuing your exercise routine when the course is complete.

Cost: \$16 for Recreation Center members
\$20 for Non-members

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|------------------------|-----------------|-------------------------|
| Session #1: Wednesdays | 6:15 – 7 am | January 13 – February 3 |
| Session #2 Wednesdays | Noon – 12:45 pm | January 13 – February 3 |

FIRST NAME: _____ LAST NAME: _____

E-MAIL ADDRESS _____ DATE OF BIRTH: _____

ADDRESS: _____ CITY: _____ ZIP: _____

HOME PHONE: _____ CELL PHONE: _____

EMERGENCY CONTACT: _____ PHONE: _____

Circle: **SESSION #1** **SESSION #2**

I release, waive, discharge and covenant not to sue the City of Berea, its employees, officers, or agents from all liability to the applicant and his or her personal representatives, assigns, heirs and next of kin for all loss or damage, and any claim or damage, on account of any personal injury to me, whether caused by the negligence of the City of Berea or otherwise while the applicant is participating in the Trim & Tone program. I certify that I have been cleared by my medical provider to enroll in this class. All above information is correct to my knowledge. **THERE ARE NO PROGRAM REFUNDS. A \$15 RETURNED CHECK FEE APPLIES.**

ADULT 18+ SIGNATURE: _____ DATE: _____

FOR REC USE ONLY: DATE: _____ CHECK CASH AMOUNT: _____ EMPLOYEE: _____

PROGRAM: Trim & Tone