

Watertown Parks & Recreation Department
514 South First Street
920-262-8080



All For One Fitness

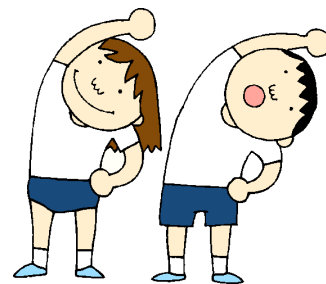
2016 January/February

Program: A mix of everything fitness! Cardio, Calisthenics, Ab Work, Weights! Varied functional movements! Variety of equipment! What does this mean for you? It means you're not stuck doing the same workout over and over each week! You don't get bored. Your body is challenged. You meet your fitness goals.

When: Tuesdays, January 5-February 23, 2016 // 5:30-6:30 pm

Where: Watertown Senior & Community Center – Fitness Center – Lower Level

Fees: \$32.00/city residents \$48.00/non-city resident \$7/drop in
Minimum of 8 participants; will allow pro-rated late registrations



Special Needs: The department will make every effort to comply with the regulations associated with the American's with Disabilities Act (ADA). In the space provided, list any special needs that the participant may have that would benefit his/her participation in this program. The department will attempt to accommodate these needs and will contact you to discuss participation.
Participant should communicate any special needs with their coach/instructor.

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Name _____ Age _____ M or F
Address _____ City _____
Phone _____ Email _____

List any special needs or medical conditions this participant has _____

I understand the inherent risk of injury in participation in this sports program and verify that I am medically fit to participate. I give my permission to the supervisors of this program to take the proper steps in case I am in need of emergency medical attention. I also release the sponsoring groups and their agents from any and all claims arising from my participation in this activity.

Signature of Participant _____ Date _____

Fee Paid: \$32.00/cr \$48.00/ncr \$7/drop in