

De Soto Parks & Recreation

Get F.I.T.

Functional Interval Training

2015 - Session 4

Fee: \$21.00 (7 classes)
Time: 9:00am - 1 hour class
Date: Saturday - March 19, 2016 - April 30, 2016
Location: De Soto Community Center - Fitness Room
32905 W. 84th Street
De Soto, KS 66018



Description: Get F.I.T. doing a challenging, effective and fun, full-body, calorie burning workout, as well as prepare the body for everyday functional activities. The workout includes: stretching, cardio exercises, isometric exercises with or without weights, and core training.

Equipment: We encourage you to bring your own fitness or yoga mat and a water bottle.

Release Statement: The undersigned states that he/she understands that the City of De Soto and any subcontractors hired by the city (hereinafter "released parties") are not and shall not be responsible for or liable for any illness, or injury to person or damage to property resulting from the program in which the undersigned is enrolling or being enrolled or from his/her participating in said program, and the participant and the undersigned, if the participant is a minor or under other legal disability, hereby forever releases and holds harmless the released parties, their employees, agents and representatives from any and all claims of any kind that the participant, or the undersigned or their respective heirs, executors, administrators, or assigns may have or claim to have resulting from participation in said program. Also, the undersigned and the participant authorize the City Parks and Recreation to use at its discretion any photograph (s) (black/white or color) taken of the participant in the program and waive any and all claims that the participant or undersigned or their heirs, executors, administrators, or assigns may have or claim to have resulting from such photograph(s) or reproductions thereof. **I have read and understand the release statement: registration invalid without signature of adult.**

Participant's Name: _____

Address: _____

Date of Birth: _____ Contact Phone #: _____

E-Mail Address: _____

Participant's Signature: _____

Additional Information:

Register Online:

www.desotoks.us/parks-and-recreation.htm

2016 - Get F.I.T. - Session 4

Registration Drop off or Mailing Information:

De Soto parks & Recreation - 32905 W. 84th Street - P.O. Box C - De Soto, KS 66018

Questions:

Justin Huslig - (913) 586-5281 - jhuslig@desotoks.us