

City of Independence Fall Fitness 1 Classes

September 6 to October 13-- 2016

Classes Offered - in this 6 week session

R.I.P.P.E.D.

When: Tuesday 6:15 to 7:05 pm

Description: The one Stop Body Shock!!

Experience this total body "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, and extremely effective!

What to bring: Water & 3 to 5 lb. hand weights

Beginners Yoga

When: Tuesday 7:15 to 8:05 pm

Description: The beginner class introduces the fundamental principles of alignment & breath work in a flow of postures linked together by the breath. Students will be introduced to yoga postures through step-by-step verbal description & demonstration. Emphasis is placed on student understanding, safety, & stability within each pose. Gradually these poses will be linked together into a gentle flowing sequence. If you have never tried yoga this is the class for you, designed to meet the needs of those new to yoga as well as those seeking continued understanding of basic yoga poses.

What to bring: yoga mat & water

R.I.P.P.E.D.

When: Thursday 6:15 to 7:05 pm

Description: See Tuesday night info

What to bring: water & 3 to 5 lb hand weights

Slow Flow Vinyasa Yoga

When: Thursdays 7:15 to 8:05 pm

Description: A dynamic series of sequenced postures that seamlessly "flow" together, designed to build great internal heat, purify our system & get the energy flowing. Slow flow classes focus on lengthening, strengthening, building & engaging, & offer pose variations to dial it up or turn it down. Postures are led with time to flow, uniting breath & movement. If you're looking for a strong, sweaty, muscular, fun-loving, yoga class, this is for you.

What to bring: yoga mat & water

Available 6 or 10 class pass. Purchase this pass and attend any 6 or 10 classes during the 6 week session. Example - You can't make it to your Yoga class and you wanted to try RIPPED you can with this pass. Pass issued at class.

NEW— Student price for high school students. High school students will receive a 50% discount on the class fee. No other discounts will be given.

Registration

The Fall 1 session is 6 weeks. Space is limited. Your payment reserves your class slot, therefore, **absolutely no refunds** will be issued. If you are not sure you will want to sign-up for the entire session, you may pay a drop-in fee to try the class or another option purchase 6 or 10 class pass to attend any 6 or 10 classes in the Fall 1 session. All classes are taught at the **Independence Senior Citizens & Community Center** by certified Yoga, & R.I.P.P.E.D. instructor Stefanie Miller-Colwell.

Name: _____ E-mail _____

Tuesday _____ R.I.P.P.E.D. \$42 _____ Beginners Yoga \$52 ___ 6 class pass attend any 6 classes in Fall 1 Session \$55 ___ 10 class pass attend any 10 classes in Fall 1 Session \$75	Thursday _____ R.I.P.P.E.D. \$42 _____ Slow Flow Yoga \$52	High School Students ___ RIPPED High School Student Fee \$21 ___ Yoga High School Student Fee - \$26 Multi Class Discount 2 or 3 classes - 10% 4 classes - 15%
--	---	---

Drop-In Rates:

R.I.P.P.E.D. - \$8

Beginners Yoga and Slow Flow Yoga - \$12

Referral Discount: \$5 (both you & a friend get \$5 off your session fee).

Multi class discount will only apply for passes if you register for another class (i.e. yoga & 6 class pass or another class).

Referral discount only applies for someone that has never taken any of our classes.

No discounts will be given for drop in rates or student rates.

Fee (s) _____ Minus Multi Class Disc. _____ Minus Referral Discount _____ Total Due _____

Registration Options: Mail or In Person. You may register & pay at the City Building by cash, credit/debit card, check or money order. At the fitness class by cash, check or money order. Should you have any questions please call Nita Brake at 859-363-2934.

Make checks payable to: City of Independence, sign the release on registration form and mail registration to:
City of Independence - Attn: Nita Brake
5409 Madison Pike Independence, KY 41051

RELEASE OF ALL CLAIMS

WHEREAS, the City of Independence owns various parcels of improved and unimproved real estate in the City, that are made available to the public for recreational purposes, including, without limitation, parcels known and identified as Memorial Park, Sterling Staggs Park, Glenhurst Park, Independence Park & Marion Schadler Park;

WHEREAS, the City provides equipment and facilities upon the afore-described parcels of real estate, for the use of the general public; and it also organizes and conducts various activities both within and outside of the city including without limitation transportation to and from such activities in which the number of participants is limited; and

WHEREAS, the undersigned wants to use the afore-described real estate, facilities and equipment, and participate in some of the afore-described activities organized and conducted by the City, and this Release of All Claims is a requirement of the City therefore;

NOW THEREFORE, in consideration of the use by the undersigned of the afore-described real estate, equipment and facilities and the participation by the undersigned in an activity organized and conducted thereon by the City, the undersigned, for himself or herself and his or her executors administrators, heirs, successors and assigns, hereby releases, acquits and forever discharges the City of Independence, Stefanie Miller Colwell and all of the officers, agents, successors and assigns thereof, from each, every, any and all personal injuries, property damage, costs, expenses, losses, compensation and all other damages of every kind and nature, and all claims and causes of action therefore, at law, or in equity, including, without limitation, claims of third parties for indemnification and/or contribution, which may accrue to the undersigned, his or her executors, administrators, heirs, successors and assigns, through any act, omission, event or occurrence which in any way related to the use of the afore-described real estate, facilities and equipment by the undersigned and /or his or her participation in any activity organized and conducted thereon by the City.

Printed Name SIGNATURE Date