

# Byron Township Recreation Small Group Personal Training

Get ready to have a great time while burning fat and building muscle! This is a total body workout which incorporates weights, plyometrics, and stretching. Lisa Stowers, certified personal trainer, will work with you for exercise modifications if needed for shoulder, knee or back problems. Beginners will learn how the exercise machines work and learn the basic fundamentals of exercising. Advanced participants are those that are already active and exercising but need some additional help with an exercise plan.

**Cost:** \$60 Resident/ \$70 Non-Resident      **Location:** Community Center, 2120 76th Street

## Session 1 Registration Deadline: September 8

Day	Level	Date	Duration	Activity #	Time	Min	Max
Monday	Beginner	September 10-October 1	4 weeks	2100.412	11:00am-12:00pm	3	4
Monday	Advanced	September 10-October 1	4 weeks	2101.412	12:00-1:00pm	3	4
Tuesday	Beginner	September 11-October 2	4 weeks	2102.413	6:00-7:00pm	3	4
Tuesday	Advanced	September 11-October 2	4 weeks	2103.413	7:00-8:00pm	3	4
Wednesday	Beginner	September 12-October 3	4 weeks	2104.414	11:00am-12:00pm	3	4
Wednesday	Advanced	September 12-October 3	4 weeks	2105.414	12:00-1:00pm	3	4

## Session 2 Registration Deadline: October 20

Day	Level	Date	Duration	Activity #	Time	Min	Max
Monday	Beginner	October 22-November 12	4 weeks	2100.422	11:00am-12:00pm	3	4
Monday	Advanced	October 22-November 12	4 weeks	2101.422	12:00-1:00pm	3	4
Tuesday	Beginner	October 23-November 13	4 weeks	2102.423	6:00-7:00pm	3	4
Tuesday	Advanced	October 23-November 13	4 weeks	2103.423	7:00-8:00pm	3	4
Wednesday	Beginner	October 24-November 14	4 weeks	2104.424	11:00am-12:00pm	3	4
Wednesday	Advanced	October 24-November 14	4 weeks	2105.424	12:00-1:00pm	3	4

**HOW TO REGISTER:** Mail in, drop off or fax your signed and completed registration form and the full registration fee to the Parks and Recreation Department to reserve your spot. Office hours are Monday-Friday 6am-9pm, Saturdays 8am-5pm. Cash, checks or credit cards accepted. Make checks payable to: Byron Township. **NO refunds will be given after the deadline.**

Byron Township Parks and Recreation \* 2120 76th St \* Byron Center, MI 49315

Phone: 878-1998 \* **New! Website:** www.byrontownshiprecreation.org \* Fax: 583-1220

Name: \_\_\_\_\_ Male/Female

Birthday: \_\_\_\_\_ Age: \_\_\_\_\_ Email: \_\_\_\_\_ Resident \_\_\_\_\_ Non Resident: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

I hereby understand that by signing this form, I agree not to hold Byron Township or the After School Golf Academy or Byron Center Public Schools responsible for any injuries that may occur during participation in this Byron Township Recreation Program. Furthermore, I authorize Byron Township to use photographs of participants for Byron Township promotional literature.

Signature: \_\_\_\_\_  
 **YES, I would like to donate to the youth Scholarship program.** Amount: \$1 \$5 \$10 Other \_\_\_\_\_

Credit Card #: \_\_\_\_\_ MasterCard/Visa/Discover Expiration Date: \_\_\_\_\_

Name on card: \_\_\_\_\_ Address: \_\_\_\_\_ Zip: \_\_\_\_\_

For Office Use Only:

Date Paid: \_\_\_\_\_ Cash: \_\_\_\_\_ Check: \_\_\_\_\_ Credit Card: \_\_\_\_\_ Receipt #: \_\_\_\_\_ Amount: \_\_\_\_\_