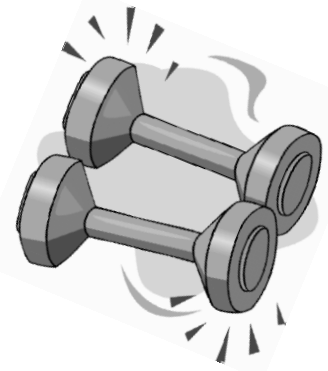


204 E. Muskegon Cedar Springs, MI 49319
616-696-7320 www.csaparksandrec.com



OFFERS

BODY BOOTCAMP

YOUR INSTRUCTOR IS KAREN MATTHEWS

You will combine cardio exercises with sculpting and abdominal exercises in an interval training program. While busting it, you will enjoy a foot stomping soundtrack to help you blast away those calories and sculpt gorgeous long lean muscles.

This class has lots of modifications that make it suitable for all fitness levels.

Come try this exciting program and get in shape while having fun!

Some weights are available, but you are strongly encouraged to bring your own.

WHEN: THURSDAYS 6:00-7:00 PM
OFFERED WINTER SESSION 2 (JAN. 19-FEB. 16)
******note the dates due to instructors vacation plans******
AND WINTER 3 (FEB. 20-MARCH 24)

WHERE: CEDAR SPRINGS MIDDLE SCHOOL

COST: \$ 30.00 FOR 5 WEEK SESSION
or \$8 PER INDIVIDUAL CLASS
CHECKS CAN BE MADE PAYABLE TO "CSAPR"

Participant's Name: _____ Birthdate: _____

Address: _____ City & Zip _____

Daytime Phone: _____ Night-time Phone: _____

Name of township/city of residence: _____ E-Mail Address: _____

How do you hear about CSAPR Programs? _____

-I am aware of the possibility of injuries that exist with the participation in all recreational programs. I understand the Cedar Springs Area Parks & Recreation Dept., Cedar Springs Public Schools, and the instructors are NOT responsible for injuries that may occur during camps, clinics, and programs or for personal items brought to the programs.

-I have seen the weather policy and the refund and exchange policy and understand them.

Participant's signature (18 and older): _____ Date: _____

Parent's signature (If Under 18): _____ Date: _____