



OFFERS

CARDIO **KICKBOXING**



YOUR INSTRUCTOR IS KAREN MATTHEWS

You will kick and punch away those trouble areas as you burn the calories away while working out to entertaining music in an action-packed hour. This user friendly workout will be filled with short, but high intensity drills that will work your core and your cardiovascular system.

Come and have fun while getting in shape.

No experience necessary!!!

WHEN: **Mondays 6:00-7:00 PM and Saturdays 9:00-10:00 AM**
OFFERED WINTER SESSION 2 (JANUARY 16-FEBRUARY 18)
******note the dates due to instructors vacation plans******
AND WINTER 3 (FEBRUARY 20-MARCH 24)

WHERE: **CEDAR SPRINGS MIDDLE SCHOOL**

COST: **\$ 30.00 FOR MONDAYS, \$30 FOR SATURDAYS,**
\$50.00 FOR MONDAY AND SATURDAY 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.

Participants Signature : _____ Date: _____

Parents Signature (If Under 18): _____ Date: _____