



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



**OFFERS**

# **KICKBOXING**



**COME AND HAVE FUN WHILE GETTING IN SHAPE**  
**NO EXPERIENCE NECESSARY!!!**

**YOUR INSTRUCTOR IS KAREN MATTHEWS**

You will kick, punch, and groove your calories away while working out to today's hottest music in an action-packed hour filled with fun and safe activities to give you a great cardiovascular workout.

**WHEN:                    Mondays and/or Thursdays                    6:00-7:00 PM**

Winter Session 2 (Jan. 11 through Feb. 11)

Make ups for cancelled classes are Feb. 15 and Feb. 18 (if necessary)

Winter Session 3 (Feb. 22 through March 25)

Make ups for cancelled classes are March 29 and April 1 (if necessary)

**WHERE:                    CEDAR SPRINGS MIDDLE SCHOOL**

**COST:                    \$ 30.00 FOR 5 CLASSES IN ONE 5 WEEK SESSION**  
**\$50 FOR ALL CLASSES IN A SESSION or \$8 PER INDIVIDUAL CLASS**  
**CHECKS CAN BE MADE OUT 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.*

Parents Signature (If Under 18): \_\_\_\_\_ Date: \_\_\_\_\_