



# Cedar Springs Area Parks & Recreation NOW OFFERS



## TABATA BOOTCAMP

**A FITNESS CLASS WITH SHORT BURSTS TO MAXIMIZE CALORIE BURNING**

Different class formats designed to give maximum calorie burning benefits, over all aerobic conditioning and toning while going through a fun and challenging work out

**GREAT FOR ALL ABILITIES!**

**NO EXPERIENCE NECESSARY!!!**

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**YOUR INSTRUCTOR IS REBECCA QUIGLEY**

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

**WHEN:**

**TUESDAYS 6:00-6:45PM**

***OFFERED FALL SESSION 1 (Classes begin September 12<sup>th</sup>)***

**WHERE:**

**CEDAR SPRINGS MIDDLE SCHOOL**

**COST:**

**\$ 30.00 FOR 5 WEEK SESSION BY SEPTEMBER 6<sup>TH</sup>  
\$35.00 FOR SESSION PAID AFTER SEPTEMBER 6<sup>TH</sup>  
OR \$8 PER DROP IN AT DOOR**

CHECKS CAN BE MADE PAYABLE TO "CSAPR" OR PAYMENTS CAN BE MADE ONLINE VIA CREDIT CARD FOR A \$1.50 PROCESSING FEE

JUST GO TO <https://client.pointandpay.net/web/CedarSpringsAreaParksandRecreationMI>

Participant's Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

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

Daytime Phone: \_\_\_\_\_ Night-time Phone: \_\_\_\_\_

Name of township/city of residence: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

*-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 authorize, without compensation, that any images of the participant taken during this program to be deemed the exclusive property of CSAPR and free for use in marketing, social media or any other publication connected with CSAPR.*

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

Participants signature : \_\_\_\_\_ Date: \_\_\_\_\_

<p>TABATA BOOTCAMP FALL SESSION 1-2017</p>		<p>OFFICE USE ONLY CASH      CHECK # _____ ONLINE AMOUNT PAID \$</p>
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