

CLASSES OFFERED

Boot Camp

When: Monday or Wednesday

Time : 6:00 - 6:50 pm

Boot Camp is designed for maximum calorie burn in the shortest amount of time. If you want to get fit and healthy, challenge your mind, challenge your body and MAKE FITNESS Fun all at the same time, this class is for you! Boot Camp is a combination of strength, cardio, endurance, flexibility, core and functional movement patterns. You will be moving and fat burning from start to end! Your metabolism will increase up to 12-16 hours after your workout. You will never plateau because the body hates change! Boot Camp utilizes the principle of muscle confusion. You will never do the same workout twice! You will get quick results and retain them month after month. Boot Camp is also about a team environment where you and your fellow campers motivate and challenge one another to reach your highest potential! Make new friends and get fit/ have fun all in one!

What To Bring: Mat, towel, water, & 2 hand weights

Six Pack ABS

When: Monday or Wednesday

Time: 7 to 7:20 pm

Let's face it. Everyone wants great abs! Let's chisel that core. Looking to get rid of back fat, love handles and muffin tops? This is your class!

What To Bring: Mat, towel & water

Kettle Bell Training

When: Mondays

Time: 7:30-8:20 pm

Kettlebell Training is different than other forms of weight training because many parts of the body are exercised simultaneously, and in addition kettle training elevates the heart rate for effective cardiovascular training. This class will give fast results for strength, endurance and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movements. Each class is unique and will build long, lean muscles, improve strength/power in the upper body, core, and lower body. You can also expect to improve coordination, joint mobility and overall endurance.

What to Bring: Mat, towel, water, & kettle bell (2 or more different weights if possible).

Stability Ball/Resistance Training

When: Wednesday

Time: 7:30 to 8:20 pm

This is a non-aerobic class using a Stability/Swiss Ball for strength, flexibility and balanced exercises. By providing a soft, movable surface, core muscles are strengthened through their work to stabilize the body while performing exercises for abs, back, lower body, arms...and just about everything!

We will also be using Resistance bands. Build strength, add definition, increase bone density and decrease body fat by INCREASING lean muscle! Research has proven that adding lean muscle to the body can speed up your metabolism and burn more calories while working out and even at rest.

Use these variations of training/equipment to change the shape of your body. No muscle left out in this workout!

What to Bring: Mat, Towel, Water, stability ball, resistance band

Class prices for the following:

**Boot Camp, Kettle Bell or
Balls and Bands Training**

6 classes - \$60

12 classes - \$110

18 classes - \$150

22 classes - \$165

**The 22 class package comes with
UNLIMITED SIX PACK ABS!**

ABS add on:

Add 6 classes to any package \$20

Add 12 classes to any package \$35

**Unlimited ABS Classes only-\$50 &
(no other class purchase required)**

Drop in rates for 1 class:

50 minute class - \$12

20 minute ABS class -\$5

**Refer a friend and get \$10 off
coupon for your NEXT multi class
purchase and your friend will get
\$10 off coupon towards any multi
class package (i.e. Fall 2 Session) .**

RELEASE OF ALL CLAIMS

WHEREAS, the City of Independence owns various parcels of improved and unimproved real estate in the City, that are made available to the public for recreational purposes, including, without limitation, parcels known and identified as Memorial Park, Sterling Staggs Park, Glenhurst Park, Independence Park ,Marion Schadler Park & Independence Senior & Community Center;

WHEREAS, the City provides equipment and facilities upon the afore-described parcels of real estate, for the use of the general public; and it also organizes and conducts various activities both within and outside of the city including without limitation transportation to and from such activities in which the number of participants is limited; and

WHEREAS, the undersigned wants to use the afore-described real estate, facilities and equipment, and participate in some of the afore-described activities organized and conducted by the City, and this Release of All Claims is a requirement of the City therefore;

NOW THEREFORE, in consideration of the use by the undersigned of the afore-described real estate, equipment and facilities and the participation by the undersigned in an activity organized and conducted thereon by the City, the undersigned, for himself or herself and his or her executors administrators, heirs, successors and assigns, hereby releases, acquits and forever discharges the City of Independence, Amy Kelley and all of the officers, agents, successors and assigns thereof, from each, every, any and all personal injuries, property damage, costs, expenses, losses, compensation and all other damages of every kind and nature, and all claims and causes of action therefore, at law, or in equity, including, without limitation, claims of third parties for indemnification and/or contribution, which may accrue to the undersigned, his or her executors, administrators, heirs, successors and assigns, through any act, omission, event or occurrence which in any way related to the use of the afore-described real estate, facilities and equipment by the undersigned and /or his or her participation in any activity organized and conducted thereon by the City.

date signature

Printed Name

**City of Independence
Fall Fitness
Oct. 16 to Nov. 20, 2017**



CLASSES OFFERED

Boot Camp

Six Pack Abs

Kettle Bell

Stability Ball/ Bands

Classes are taught at the
Independence Senior &
Community Center by
Amy Kelley a Certified
Personal Trainer

www.cityofindependence.org