



with Susan Wood
At the Independence Senior
& Community Center
2001 Jack Woods Parkway

Let go of your limits! It's time to rise above the excuses. Step outside your comfort zone and make the shift from "I Can't" to "I will." Because if you want results, you've got to work hard for them. Leave whatever is holding you back outside class and master athletic training drills, cardio conditioning, and strength training to reach your personal best, no matter where you're starting from. NO Refunds!

March 26 to April 16 6 to 7 p.m.

4 week session

___ Monday Night Session -\$27

Drop In fee is \$10 per class

Name _____

Address _____

Phone _____ Email _____

Make checks payable to the City of Independence. Mail signed waiver, registration form and payment to the City of Independence, 5409 Madison Pike, Independence, KY 41051. For credit card payments call 859-356-5302. Questions on class availability may be directed to Nita Brake at 859-363-2934.

Please sign waiver on back

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 Shadler Park;

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, Susan Wood 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.

Printed Name

SIGNATURE

Date