

City of Independence

Boot Camp

Winter Session - February 27 to April 2, 2020

with

Rachel Wade's—Focus Fitness

Class Offered: Group Fitness BOOTCAMP

When: Thursdays at 7 P.M.

Where: Independence Senior & Community Center

2001 Jack Woods Pkwy

Sick of boring cardio on the treadmill? Not getting all you want out of your weight training? Looking for some accountability, camaraderie – and FUN? Join Rachel for her 6 Week Countdown to Spring Break BOOTCAMP. You'll love her motivating, heart pumping, muscle building, strength increasing, sweat producing, high fiving, high intensity, functional, full body workouts. Workouts will vary.

You'll build strength, cardio capacity and endurance – and have a blast doing it! Also - most workouts from warm up to cool down will be complete in under 30 minutes. Bonus stretching included for those who can stay 10-15 minutes longer. Bring some friends or make new friends. Intermediate to Advanced fitness level. Exercises will be modified to fitness level.

What to Bring : Water (large bottle), Sweat Towel - Yoga Mat optional

Price: All classes must be used by April 2

\$12 per class (drop in)

\$44 for 4 class pass

\$60 for 6 class pass

Questions? Check out our website:

www.yourfocusedfitness.com. If you have any

questions email Rachel at

rachel@yourfocusedfitness.com

Registration/Payment Options: Mail or In Person.

You may register & pay at the City Building by cash, credit/debit card, check or money order. **At the fitness class by cash, check or money order.**

Should you have any questions please call **Nita**

Brake at 859-363-2934.

The Winter session is **6 weeks**. Space is limited. Your payment reserves your class slot, therefore, **absolutely no refunds** will be issued. We offer 4 or 6 class passes. If you are not sure you will want to sign-up for the class pass you may pay a drop-in fee to try the class in the Winter session for **Focused Fitness Bootcamp**. All **Focused Fitness Bootcamp** classes taught at the **Independence Senior Citizens & Community Center** by certified instructor **Rachel Wade**.

Name: _____ Phone: _____

Email: _____

Session Pricing: 6 week session (6 classes) from February 27 to April 2.

FOCUSED FITNESS BOOTCAMP Winter Session Class Pricing:

All class passes must be used by April 2.

____ 4 class pass attend any 4 **Focused Fitness Bootcamp** classes in Winter session \$44 (\$11 per class)

____ 6 class pass attend any 4 **Focused Fitness Bootcamp** classes in Winter session \$60 (\$ 10 per class)

Drop-In Rates - \$12 for any Focused Fitness Bootcamp

____ Drop In \$12

Make checks payable to: *City of Independence*

Total Due_____

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 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 under signed 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, Rachel Wade, or any FOCUS FITNESS instructor 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**

_____ **Date**

_____ **SIGNATURE**