



City of Independence Fitness Classes - **SWT FITNESS** - Fall Session 3

November 5 to November 28, 2018 SWTFITNESS.COM

Classes Offered: **POUND:** Instructor : Gabby Williams

When: Monday 6:15 to 7:15 pm

Description: GET READY POUND POSSE! You are about to experience the most exhilarating, intense, and heart-pounding POUND Fitness experience that the Tri-State area has to offer!

THIS CLASS WILL SELL OUT - You MUST register online to reserve your spot in this class. There is limited space.

HOW TO REGISTER: 1st: SAVE YOUR SPOT!

Schedule your class at swtfitness.com

2nd: Pay at location - cash or check only.

What you can do to prepare to take POUND: Get ready to be a ROCKSTAR and we will be your BIGGEST fan! POUND is a heart beating, exhilarating class for all ages and stages.

What to bring: Water, YOGA MAT, and a ROCKSTAR attitude! Official POUND RIPSTIX will be provided!

FighterFIT : Instructor: Gabby Williams

When: Monday 7:30 to 8:30 pm

Description: FighterFIT is a beginner friendly full body workout that uses Resistance, Cardio and Endurance to give you lasting results!

RESISTANCE: Rock your arms and upper body with choreographed routines using hand weights. We recommend 5lbs or lighter as there are a lot of repetitive sets and movements.

CARDIO: Fun routines that have that get you dancing but work you arms, legs, core and booty with punches, squats lunges and more!

ENDURANCE: This section is based on mixed martial arts. If you like Turbokick or Tae Bo, then you will love this section. Kickboxing is one of Gabby's big loves so this is definitely one of her favorite sections to teach. It will not only challenge your physical endurance, but also your mental endurance.

What to bring: Hand-weights: Typically 3lb - 5lb
Yoga Mat, & Water

Questions? Check out our website: SWTFITNESS.COM or email Gabby Williams at swtwithus@gmail.com

BSX BOOTCAMP: Instructor: Charley Fiorini

When: Wednesday 6:15 to 7:15pm

Description: This is a fusion class which is a mix of our Booty Bootcamp class and our Fitness™ class. Experience a one hour full body workout that fuses the best elements of ballet, Pilates, sports conditioning, toning and stretching for a truly unique and fun experience. The moves are low impact but high intensity intervals of strength training followed immediately by deep recovery stretching.

What to bring: Yoga mat, water, hand weights:
2-3lbs, 5-8lbs, or 10lbs

SWT Dance Fit.

When: Wednesday 7:30 to 8:30 pm

Instructor: Gabby Williams & The SWT SQUAD

Description: Get ready to experience a Dance Fitness EXPERIENCE unlike anything else! We focus on simplifying the choreography and maximizing the burn!

Our playlist is FUN with mostly HIP HOP but occasional mixes of current hit pop songs and even a good PIT-BULL song here and there!

We not only incorporate sexy dance moves, but also kicks, jumps and squats etc. This is the perfect exercise in disguise perfect for beginners and experienced SWTSQUAD vets alike! We promise that you will earn your SWT and it will be love at first TWERK! No rhythm required!

What to bring: Water, CONFIDENCE!

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.**

Sign release on registration form and mail to: City of Independence- Attn: Nita Brake , 5409 Madison Pike- Independence, KY 41051

Registration (SWT Fitness)

The Fall 3 session is 4 weeks. Space is limited. Your payment reserves your class slot, therefore, **absolutely no refunds** will be issued. If you are not sure you will want to sign-up for the entire session, you may pay a drop-in fee to try the class or another option is to purchase the 4 or 6 class pass to attend any 4 or 6 classes in the Fall 3 session for **SWT FITNESS**. All **SWT FITNESS** classes taught at the **Independence Senior Citizens & Community Center** by certified SWT, FighterFIT, & POUND instructor: **Gabrielle Williams** and certified Yoga & Bootcamp instructor: **Charley Fiorini**. **Assistants also include:** Tracey Purnell, Nikki Clark, Raven Faircloth, Jeni Caudill, and Shy Marshall .

Name: _____ Phone: _____

Email: _____

Session Pricing: 4 week session

This is the pricing per 4 week session from November 5 to November 28 . Each session price is for that class, time slot and day only for the Fall 3 (4 week session).

Monday

_____ Pound— \$24 – 6:15 pm

_____ FighterFIT- \$24 – 7:30 pm

SWT FITNESS Fall 3 Session Class Pass Pricing:

_____ 4 class pass attend any 4 **SWT FITNESS** classes in Fall 3 session \$28

_____ 6 class pass— attend any 6 **SWT Fitness** classes in Fall 3 session \$40

Make checks payable to:

City of Independence

Wednesday

_____ BSX Bootcamp \$24 – 6:15 pm

_____ SWT Dance Fit \$24 – 7:30 pm

Drop-In Rates - \$8 for any SWT Fitness Classes

_____ Drop In \$8

Fee(s): 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, Gabrielle Williams Castellanos, Charley Fiorini or any SWT 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