



City of Independence Fitness Classes - **SWT FITNESS** - SPRING Session 2

April 30 to May 23– 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!

Sweat, Sculpt & ROCK with POUND, the fastest growing group fitness phenomenon inspired by the sweat-dripping, infectious, energizing fun of drumming! POUND is a full body cardio jam session championed by fitness rebels around the world.

WURK & WEIGHTS: Instructor: Gabby Williams

When: Monday 7:30 to 8:30 pm

Description: A perfect fusion class in which you will put in the WURK to get that total body **WURKout!**

Based on the formula of routines set to allow interval training. Get a fun mix of our Hip Hop Dance fitness while rocking your arms and upper body with choreographed routines using hand weights. We recommend 5 lbs or lighter as there are a lot of repetitive sets and movements. Sprinkle in bursts of Hip Hop Tabata sets that isolate different areas to work the entire body, Get amped with added routines based on mixed martial arts. It will not only challenge your physical endurance, but also your mental endurance, all while set to one killer playlist.

What you will need: Hand weights 2lb to 5lb , Water - Modifications are available

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

BOOTY BARRE: 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 Barre 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 HIP HOP FITNESS

Wednesday 7:30 to 8:30 pm

Instructor: Gabby Williams & The SWTSQUAD

Description: #SWTSQUAD ASSEMBLE! Sparkle ✨ WURK 🔥🔥🔥 Twerk 🍑 with us! Get ready to experience a HIP HOP 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!**

**This class will not be blacklight.

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 Spring 2 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 6 class pass to attend any 6 classes in the Spring 2 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, & Barre instructor: **Charley Fiorini**. **Assistant instructors 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 starting April 30 and ending May 23. Each session price is for that class, time slot and day only for the Spring 2 (4 week session).

Monday

_____ Pound— \$28 – 6:15 pm

_____ Wurk & Weights \$28 – 7:30 pm

Wednesday

_____ Booty Barre \$28 – 6:15 pm

_____ SWT Hip Hop Fitness \$28 – 7:30 pm

SWT FITNESS Spring 2 Session Class Pass Pricing: Drop-In Rates - \$8 for any SWT Fitness Classes

_____ 6 class pass attend any 6 **SWT FITNESS** classes in the Spring 1 session \$45

Make checks payable to:

City of Independence

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