VIRTUAL BOOT CAMP & FITNESS CLASS

CLASSES BEGIN OCTOBER 5TH

THE COMFORT OF YOUR OWN HOME

Classes using a set of dumbbells, mat and an optional kettlebell. Combinations of cardio bursts, strength work, core work, and stretching.
For all levels and ages!

CLASSES BEGIN OCTOBER 5TH. PAYMENT MUST BE RECEIVED BY THE 1ST MONDAY OF THE MONTH TO JOIN.

$20.00 FOR UNLIMITED CLASSES/MONTH
MONDAY AND WEDNESDAY NIGHTS 8:15-9:15PM
GOOGLE HANGOUT LINK EMAILED RIGHT BEFORE CLASS

Payment is to be made via Paypal shellykl@gmail.com or Venmo @Michele-Klechevsky by the first Monday of the month to join.

For more details contact:
Michele Klechevsky
SCW Group Exercise Instructor
Mad Dogg Athletics Star 2 Spinning Instructor
Certified Tabata Bootcamp™ Instructor
Barre Above Instructor / Pound Pro
Call or text 732-841-6352 or email shellykl@gmail.com

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Tabata Bootcamp™ Fitness Class Application

(Please Print)

Name: ____ **Male/Female:** ____ **Date of Birth:** ____

Address: ____ **City:** ____ **Zip:** ____

Home/Cell Phone: ____ **E-Mail:** ____

Emergency Contact Name: ____ **Emergency Phone #:** ____

I HEREBY GIVE PERMISSION FOR MYSELF/MY CHILD TO PARTICIPATE IN THIS ACTIVITY AND ASSUME THE RISK THEREOF, AND I DO AGREE FOR MYSELF/MY CHILD AT ALL TIMES TO KEEP THE SAID RECREATION DEPARTMENT, PERSONNEL AND THE TOWNSHIP OF EDISON FREE, HARMLESS AND INDEMNIFIED FROM ANY AND ALL LIABILITY FOR ANY INJURY I/MY CHILD MIGHT SUSTAIN AS THE RESULT OF SAID PARTICIPATION. I ALSO GIVE PERMISSION FOR THE POSSIBLE VIDEO/AUDIO OF MYSELF/MY CHILD'S PARTICIPATION IN SAID ACTIVITIES. IN THE CASE OF A MEDICAL EMERGENCY, WHERE I CANNOT BE REACHED, I GIVE PERMISSION FOR IMMEDIATE MEDICAL CARE FOR MY CHILD. IT IS FURTHER UNDERSTOOD AND AGREED THAT EDISON TOWNSHIP DOES NOT PROVIDE ANY INSURANCE COVERAGE FOR THE PARTICIPANT OR ORGANIZATION.

SIGNATURE____________________ **DATE**____________________

PRINT NAME____________________

s/tabata winter 2020 virtual/92820/alc