

Lincoln Park Recreation presents....

CARDIO AND STRENGTH TRAINING

Includes dynamic cardio and plyometrics to increase heart rate and improve endurance, resistance training, core training and stretching featuring AFAA certified trainer/instructor: Alexandria Ceci

Thursday Evenings 7-8PM
LP PAL/Community Ctr / 10 Boonton Turnpike, Lincoln Park

\$10 walk-in fee or \$35 (4) class package

*****New Year New You Shape-Up*****

Please bring a mat and weights (2lb weights will be available)

Name _____ D.O.B.: _____

Address _____
street address _____ city, state, zip _____

Home Phone _____

E-Mail: _____
(for class info such as cancellations or future classes & events)

Emergency Contact Name & Number: _____

NO REFUNDS

Waiver & Consent: I acknowledge that I am or my child is in suitable physical condition to participate in the recreation program, activity, sport, trip or event that I have registered for or have registered my child for & I hereby assume any risks involved by such participation. I certify that I am or my child is fully capable of participating in this recreational program, activity, sport, trip or event & that I do not have or my child does not have any physical or mental disability that would restrict full participation. For me & on behalf of my child, I do hereby waive, release, indemnify & hold harmless the Borough of Lincoln Park, its directors, superintendents, employees & volunteers from any liability &/or for any injury or damages that may be suffered by me or my child in the course of participation in the recreation program, activity, sport, trip or event & the activities incidental thereto, whether the result of any negligence or any other cause. In the event I am unable or unavailable to do so, I grant permission to receive or have my child receive emergency professional medical care as deemed necessary by the Recreation Staff. I agree to abide by the Rules & Regulations of the Lincoln Park Recreation Department & those of the venue that the Lincoln Park Recreation Department is visiting.

Photo Waiver Acknowledgement: Lincoln Park Recreation reserves the right to photograph attendees throughout the course of their events. As an attendee &/or on behalf of my child, I hereby grant permission to the Borough of Lincoln Park, its directors, superintendents, employees & volunteers to photograph me &/or my child & use the images solely for public relations purposes &/or the social media pages of the Borough of Lincoln Park. I do hereby waive, release, indemnify & hold harmless the Borough of Lincoln Park, its directors, superintendents, employees & volunteers from any liability &/or for any injury or damages that may be suffered by me or my child as a result of the taking or use of the photograph & images obtained in the course of participation in the recreation program, activity, sport, trip or event & the activities incidental thereto, whether the result of any negligence or any other cause.

_____ individually or as the parent or guardian of _____
print name of person signing _____ print name of child _____

Participant or Parent Signature _____ date _____