

Functional Circuit Training

This class combines high intensity cardio with multi-joint strength training exercises and 3D movements. We help you build upon basic movements you use in your daily life.

The Instructor is Alexandria Ceci, a Lincoln Park resident, Personal Trainer and AFAA Certified, TRX Qualified Group Exercise Leader

Thursday Mornings 9:30-10:30AM
LP PAL/Community Ctr, 10 Boonton Turnpike, Lincoln Park



\$10 Walk-In Class Fee
\$35 (4) Class Package
\$80 (10) Class Package

*****Please bring a mat and weights*****



Name _____ D.O.B.: _____ (Age 16/Over)

Address _____
street address _____ city, state, zip _____

Home Phone _____ Cell 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.

Participant Name _____ Signature _____ Date _____

Lincoln Park Recreation
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