



Farmington Hills Special Services Fitness Motivators



Grant Community Center
Monday 6:30 – 7:30 pm

Session I
JAN 9 - FEB 20
#215725-01
No Omit Date
7 classes

Session II
MAR 5 - APR 16
#215725-02
No Omit Date
7 classes

Our own original class! A fusion of Dance and Boxing. Class starts out with alternating between Dance and Cardio Boxing! Hand Weights are used for Body Toning. Ab workout included in this one-hour Z-Box class! Please bring Hand Weights and Mat to class. More info on Z-Box, please visit www.z-boxfitness.com **NOTE: Aromatherapy will be used in this class.** Please do not wait to register. Class will be cancelled if we do not meet the minimum.
Site: Grant Community Center **Z-Box Co-Creator and Certified Instructor: Donna Lim-Truss**

CLASS REGISTRATION FORM

Household/Primary Adult Contact: _____ Resident Non-Resident

Last Name: _____ First Name: _____ E-mail: _____

Address: _____ City: _____ Zip: _____

Home Phone: (____) _____ Work Phone: (____) _____ Emergency Phone: (____) _____

Please write your name at the session that you are registering for below:		Class #	Activity Name	Fee (Circle One)
		215725-01	Z-BOX Mon SESSION I	\$44-Resident \$49-Non-Resident
		215725-02	Z-BOX Mon SESSION II	\$44-Resident \$49-Non-Resident

Visa Master Card Expiration Date: Mo _____ Year _____ Card Number: _____

Authorized Signature: _____

By accepting my registration in the above programs, I hereby understand that I release my rights or claims for damages that I may have against the City of Farmington Hills through which this program is conducted or its instructors or City staff. I will also adhere to the refund policy. For more information, call 248-473-1800 Monday through Friday, from 8:30 am to 4:30 pm. FAX: 248-473-1801.

Date: _____ Participants Signature: _____ (Guardian signature for minors)

Make checks payable to Farmington Hills Special Services
Farmington Hills Special Services, 28600 Eleven Mile Road, Farmington Hills, MI 48336.

CHECK OR MONEY ORDER MUST EQUAL EXACT AMOUNT OF THIS REGISTRATION.