



# Farmington Hills Special Services Fitness Motivators.com

**Tuesday | 6:30 – 7:30 PM | COSTICK CENTER/GYM**

**Session I  
JAN 10 - FEB 21  
#215727-01  
No Omit Date  
7 classes**



**Session II  
MAR 6 - APR 17  
#215727-02  
No Omit Date  
7 classes**

ANY LEVEL can do this class. Challenging for both the beginners and advanced. A total body workout! By the end of the session, your stamina, strength, and confidence will go up a notch or two! Last 15 minutes are reserved for abs and strength training for maximum toning results. Hand weights (bring light and heavy weights), mat, jump rope (optional) provided by student. Please bring to first day of class

**Instructor:** Laura Daniel

## 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)
	<b>215727-01</b>	<b>Session I 7 Classes</b>	\$44-Resident \$49-Non-Resident
	<b>215727-02</b>	<b>Session II 7 classes</b>	\$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.