



Farmington Hills Special Services Fitness Motivators.com

WINTER 2012

CARDIO BOXING/THURSDAY COSTICK CENTER/GYM 6:30 – 7:30 pm

Session I
JAN 12 - FEB 23
#215710-01
No Omit Date
7 classes



Session II
MAR 8 - APR 19
#215710-02
No Omit Date
7 classes

Never the same boring routine! Two worlds come together to bring you a combination of aerobics and kickboxing. Hand weights are used for maximum toning results. Last 15 minutes are reserved for *incredible abs/mat*. Geared towards ALL fitness levels! Hand weights and mat provided by student. Please bring to first day of class.

Certified Fitness 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)
	215710-01	Session I 7 Classes	\$44-Resident \$49-Non-Resident
	215710-02	Session II 7 classes	\$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.