

HURON VALLEY RECREATION & COMMUNITY EDUCATION

Z-BOX w/BONUS ABS!

MINI 2 SESSION: FEB 16-MAR 15

\$30R/\$40NR/5 classes

\$50R/\$60NR/10 classes-Both Z-Box and Zumba SAVE!

KURTZ CAFETERIA

Thursday

7:00-7:45PM Z-BOX | 7:45-8:00PM BONUS ABS

Fitness Motivators

.com

This class is fun and never boring! Great for any fitness level!

Experience the difference. An original program by Fitness Motivators! Z-Box Fitness® (the Z is short for ZEN) blends the hippest dance moves from yesterday and today mixed with basic boxing moves. You will complete Z-Box's total body workout with a host of resistance training, incredible abs and end with ZEN (Zone+Earth+Nature), a relaxation experience. You will feel exhilarated - Expect quick results! You deserve it. This class caters to ALL Fitness Levels! Wear comfortable exercise clothes and bring light to medium hand weights and a mat to class.

CLASS REGISTRATION FORM

Registrations will not be confirmed. Report to the first class session unless otherwise notified.

REGISTRATION FORM

Please use separate registration form for each participant!

Participant's Name _____ School Attends _____

Address _____ City _____ Zip _____

Date of Birth _____ T-shirt size _____ Sex: M F

Phone (home) _____ (work) _____ (cell) _____

Parent/Guardian Name _____ Email Address _____

Class #	Class Name	Day/Time	Beginning Date	Location	Fee
1185 -Mini 2	Z-Box	Thu @7pm	Feb 16	Kurtz	\$ 30.00
1185 & 1183	Z-Box & Zumba	Tue & Thu @7pm	Feb 14	Kurtz	\$ 50.00

Participants agree to use the facilities, premises and equipment of Huron Valley Schools at participant's own risk. Participants agree to hold harmless and indemnify, and waiver any claims of any sort or nature that participant may have or acquire against the Huron Valley Schools and its board members, employees, agents and volunteers. In the event participant nevertheless asserts a claim against a party released herein, Huron Valley Schools shall be entitled to recover its reasonable attorney fees and costs incurred in defending against such claim. Pictures are sometimes taken in our programs and may be used in Huron Valley School's promotional material (brochures, flyers, website, etc.) Children are never identified by name. Contact our office if you would not like your child photographed.



Please complete if paying by Visa/MC:

Acct # _____ EXP: ____/____

Cardholder Signature _____

MAIL: Mail to Huron Valley Recreation & Community Education office along with your check or money order, made payable to Huron Valley Schools or charge on your VISA or MasterCard. Allow 3 business days for mail delivery. (5061 N. Duck Lake Road, Highland, MI 48356)

FAX: at 248.676.8453. Use registration this form. Include your VISA or MasterCard account #, expiration date and your phone number.