

City of Iola Recreation Presents:

Boot Camp

Boot camp will consist of a combination of weights, cardio and resistance loops. Mondays and Wednesdays will focus on upper body areas, and Tuesdays and Thursdays will focus on lower body areas. Suggested gear: light weights (5 lbs. or less), water bottle and towel. Exercises may be changed up at any time, or adjusted throughout a session.

This Morning Class will be instructed by Megan Cole. Monday-Thursday mornings from 5:30-6:00 AM.

Aug-Sept Session: August 22-25, August 29-September 1, September 6-9 (Tue-Fri), and September 12-15.

Sept-Oct Session: September 19-22, September 26-29, October 3-6, and October 10-13.

Oct-Nov Session: October 17-20, October 24-27, October 31-November 3, and November 7-10.

Nov-Dec Session: November 14-17, November 21-23 & 25, November 28-December 1; and December 5-8.

\$64 class fee. Give it a try! One class is just \$5.00!

All classes will be held at the Recreation Building, 500 Park Ave., Riverside Park. 18 years of age and older may participate. Register at the Recreation Office prior to the first class, or with Megan the first day of class.

For more information contact the Recreation Office at 620-365-4990.

Please complete one registration form per participant. Payment must accompany the completed registration form. Return form to the Recreation Office during normal business hours, place forms in the drop box located on the southeast side of the Recreation Building, or mail to P.O. Box 308, Iola.

Name: _____ **Home #** _____

(Please Print)

Address: _____ **Cell #** _____

City: _____ **Emergency Phone #** _____

CANCELLATION POLICY: In the event of a cancellation due to weather conditions, Iola Recreation will post the cancellation on the City of Iola – Recreation Facebook page.

REFUND POLICY: As deemed necessary the City of Iola Recreation Department may refund fees and cancel any program with insufficient enrollment response. Otherwise, no refunds will be provided! WAIVER: I hereby agree to accept all of the risks of injury or accident of the participant named in the above program. The risk to have contact with individuals, who have been exposed to and/or have been diagnosed with one or more communicable diseases, including but not limited to Covid-19, MRSA, Influenza, or other medical conditions or diseases does exist, and it is impossible to eliminate the risk that the participant could be exposed to and/or become infected through contact with or close proximity with an individual with a communicable disease. I agree to release the City of Iola, their employees, agents, representatives, instructors, coaches, officials and all volunteers associated with this program from any liability resulting from any circumstances that may arise in connection with the program. All program participants under the age of 18 years old must have a Parent or Guardian Signature! PHOTOGRAPHY CONSENT, RELEASE AND WAIVER OF LIABILITY: I hereby give my consent to the City of Iola Recreation Department to photograph me and use the photograph(s) for informational, educational, promotional, or publicity purposes concerning the city and its services. I understand that the photograph(s) may be used on the city’s Website, TV Channel 6 or in official city publications or displays, public newspapers, magazines, reports, or other public documents; or electronic or digital recordings. I also understand that the photograph(s) may be used without any further consent or authorization from me; the city may modify the photograph(s) in the process of editing, and I will not be entitled to any compensation for use of the photograph(s). I also agree to release the City of Iola, its officers, employees, or agents, from any and all liability arising out of or connected to the use of the photograph(s) as stated above. I have read and understand the foregoing consent, release, and waiver of liability, and voluntarily accept and agree to its terms.

Signature _____ **Date** _____

____ Aug-Sept \$64; ____ Sept-Oct \$64; ____ Oct-Nov \$64; ____ Nov-Dec \$64; ____ One Class Fee \$5
Boot Camp (Cole)

****Please make checks payable to the City of Iola.**