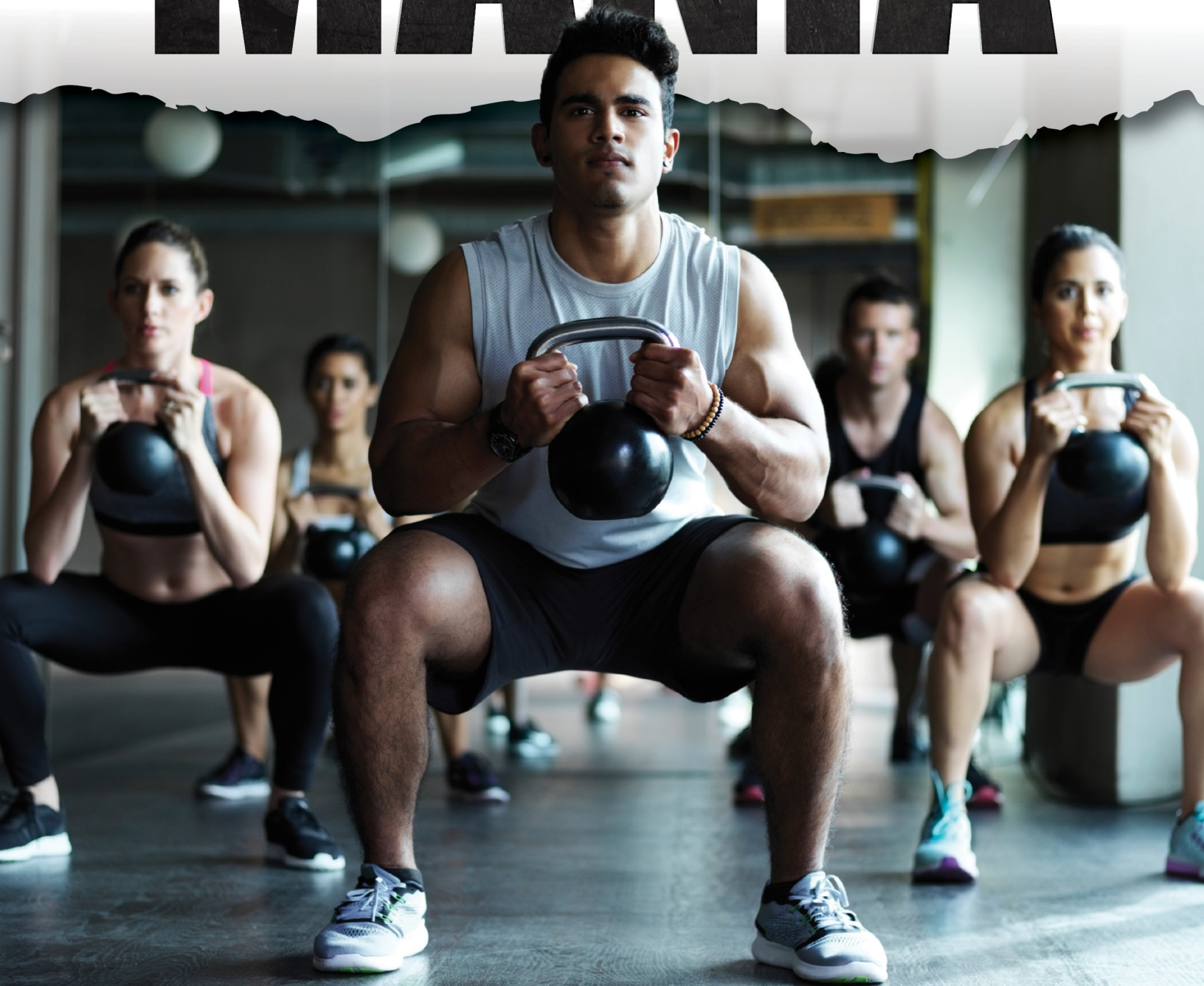


*March*



**CHOICE**  
HEALTH & FITNESS

# MANIA



## March 2- April 8, 2021 (6 weeks)

**Registration Deadline: February 24, 2021**

\*Registrations received after February 24th will be charged a \$10 late fee.

\*\*Walk-ins require instructor approval.

### ABOUT THE CLASS

This class is for those wanting to rediscover their inner athlete and who are ready for a change of pace in their training. We will target mobility, agility, power, and strength through a solid 45 minute full-body workout 2 times per week. We will crank the music and dial in. I am thrilled and ready to go. Are you?

### CLASS DETAILS

Days: Tuesday & Thursday

Dates: March 2, 4, 9,11,16,18,23,25,30, April 1,6 & 8

Cost: \$180.00

Time: 7:15 - 8:00PM

Location: ICON Training Room (ICON Sports Center 2nd Floor)

Trainer: Nadia Morneau

#### FITNESS PARTICIPATION POLICY:

As much as we would like to offer all of our "Group Training" classes regardless of the number of participants, it is not cost effective for us to do so. Class pricing is determined by a **minimum** number of participants **registered and paid in full prior to the session start date**. If a session is underway and a member has received permission from the trainer to do a walk-in class (only if there is room) they may pay the walk-in fee. **NO REFUNDS OR MAKE UPS.**

## CHOICE HEALTH & FITNESS | ADULT FEE BASED CLASS REGISTRATION FORM - March Mania

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/St/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

*I hereby acknowledge my health to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained while attending this program. I also understand that any medical bills that I incur due to injuries will be my responsibility or the responsibility of my family health insurance plan.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ (Must sign before participating in program)

### PLEASE SELECT THE SESSION & DAY(S) IN WHICH YOU WOULD LIKE TO PARTICIPATE:

**MARCH MANIA (TUES/THURS | 7:15-8:00PM)** March 2—April 8 COST:\$180 (Reg. Deadline: Feb. 24)

\*If class is not full, walk-ins accepted