

Woodstock Recreation Presents...



Instructor: Christina Vogt

Classes held at the Soccer Field off Senexet Village Road

Morning Session: Tuesdays, July 7th – August 11th (rain date August 18th) from 8-8:45am

Evening Session: Tuesdays, July 7th – August 11th (rain date August 18th) from 6-6:45pm

Cost: \$48 (6 classes)

Pre-Registration is preferred – Drop-In Rate \$10 per class

HIIT is High Intensity Interval Training. Test your limit with this fast-paced class! Over 45 minutes we will work sets followed by active rest. We will use our body weight to work every muscle group and our cardiovascular fitness. Please bring a mat or towel and a water bottle.

Name: _____ Phone: _____

Address: _____ Session(s): _____

E-mail Address: _____

Emergency Contact/ Phone: _____

Disclaimer: I, _____ will not hold the Woodstock Recreation Commission, including its representatives of the Town of Woodstock, nor the Town of Woodstock, including its representatives, liable for any injury sustained by me or our/my child while participating in the Adult HIIT Fitness Program sponsored by the Woodstock Recreation Commission.

SIGNATURE _____ DATE _____

Make check payable to "Woodstock Recreation" and submit with this registration form to Woodstock Recreation Department, 415 Route 169, Woodstock, CT 06281. **No Refunds.** For more information email Anthony Pezzetti at anthonypezzetti@woodstockct.gov or call 860-928-6595 ext. 333.

PAID: Cash _____ Check _____ Check Number _____