



Anderson Park District

Cross Training Circuits, age 18 years and up

Register in advance. Cross Training Circuits (CTC) are designed to help your performance in all sports and activities: jumping, running, accelerating, pushing, pulling, swinging, power and endurance. CTC improves your overall fitness and conditioning, and assists in injury prevention. Stay motivated and boredom-free with cross training! Classes are instructed by Sharon Chamberlin, an ACE-Certified Personal Trainer specializing in metabolic conditioning and a NESTA Fitness Nutrition Coach. Bring a mat and a water bottle. Classes may be rescheduled due to instructor's vacation dates. When weather permits, classes will take place outdoors.

Session 1

Class 1: Tuesdays, Sept. 11-Oct. 30 (*skip Sept. 18*)

Price: \$70 per resident, \$77 per non-resident

Class 2: Thursdays, Sept. 13-Nov. 1

Price: \$80 per resident, \$88 per non-resident

Session 2

Class 3: Tuesdays, Nov. 6-Dec. 18

Price: \$70 per resident, \$77 per non-resident

Class 4: Thursdays, Nov. 8-Dec. 20 (*skip Nov. 22*)

Price: \$60 per resident, \$66 per non-resident

Place: Anderson Parks RecPlex, 6915 Beechmont Ave.

Time: 6-7 p.m.

Questions? (513) 388-4513 **Fax:** (513) 231-4190 **Weather Hotline:** (513) 357-6629 ext. 1

Cross Training Circuits Registration ~ Fall 2018

Participant's Name _____ Birthdate ____/____/____ Gender _____

Address _____ City _____ State _____ Zip _____

Phone (h) _____ (c) _____ E-mail _____

Medical Concerns: allergies, conditions, medications: _____

Emergency Contact Name: _____ Phone: _____

Please select class(es): _____ Class 1 (T) _____ Class 2 (TH)

_____ Class 3 (T) _____ Class 4 (TH)

Total Due: \$ _____

Office Use Only: Date/Time _____ Total Paid \$ _____ Cash _____ CC _____ Check # _____ Ck Name _____ Staff _____

Make checks payable and return to: Anderson Park District, Anderson Parks RecPlex • 6915 Beechmont Ave • Cincinnati, OH 45230
Registrations accepted on a first come, first served basis and are subject to the completion of payment and *Release of Liability & Authorization*. The APD may cancel or alter programs pending registration numbers.

RELEASE OF LIABILITY & AUTHORIZATION: I, the undersigned, hereby authorize my, and/or my child's, participation in the Anderson Park District ("APD") activity for which I am registering. I knowingly and freely accept all risks associated with participation in this activity, and hereby release: the APD; Forest Hills Local School District; Anderson Foundation for Parks and Recreation; and Beech Acres Parenting Center; and their respective Boards, employees, agents, assignees, sponsors, and volunteers from all responsibility in the event of accident or injury associated with participation in this activity. I hereby acknowledge the APD has provided me with, as required by law, the Ohio Department of Health "Concussion Information Sheet" and "Lindsay's Law-Sudden Cardiac Arrest information", via www.andersonparks.com and at the Anderson Parks RecPlex, 6915 Beechmont Ave, Cincinnati, OH 45230.

In consideration of my and/or my child's participation in this APD activity/program, I agree that my likeness, or the likeness of my child, may be photographed or videotaped and that such image(s) may be published in an outlet used to promote or publicize the APD. Furthermore, I authorize the APD to use my e-mail address to send me APD information. My signature below indicates that I am at least 18 years of age, and that I have read and understand the above information concerning participation in the APD activity for which I am registering myself and/or my child.

Participant (Parent/Guardian) Name _____ Signature _____ Date _____

Visa _____ MasterCard _____ Card # _____ 3 Digit Security Code (Located on BACK of Card): _____

Expiration Date _____ Name on card _____