



Watertown Parks & Recreation Department  
 514 South First Street  
 920-262-8080

# 2017 Jan/Feb OCTANE

**Program:** This fitness class is a high-OCTANE program that includes intense cardio, strength, and movement training drills. Each class incorporates a blend of bodyweight and equipment-enhanced exercises so you experience an intense kicker to your regular workout routine.

**When:** Tuesdays, January 10-February 28, 2017 // 5:30-6:30 pm

**Where:** Watertown Senior & Community Center – Fitness Center – Lower Level

**Fees:** \$32.00/city residents      \$48.00/non-city resident      \$7/drop in  
**Minimum of 8 participants; will allow pro-rated late registrations**



**Special Needs:** The department will make every effort to comply with the regulations associated with the American’s with Disabilities Act (ADA). In the space provided, list any special needs that the participant may have that would benefit his/her participation in this program. The department will attempt to accommodate these needs and will contact you to discuss participation.  
**Participant should communicate any special needs with their instructor.**

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Name \_\_\_\_\_ Age \_\_\_\_\_ M or F  
 Address \_\_\_\_\_ City \_\_\_\_\_  
 Phone \_\_\_\_\_ Email \_\_\_\_\_

List any special needs or medical conditions this participant has \_\_\_\_\_

I understand the inherent risk of injury in participation in this sports program and verify that I am medically fit to participate. I give my permission to the supervisors of this program to take the proper steps in case I am in need of emergency medical attention. I also release the sponsoring groups and their agents from any and all claims arising from my participation in this activity.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

Fee Paid:      \$32.00/cr      \$48.00/ncr      \$7/drop in

