

2018 Octane Session 2

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, March 6-April 24, 2018 // 5:30-6:30 pm

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

Fees: \$32.00/city resident \$48.00/non-city resident \$7/drop in



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.

Watertown Parks & Recreation Department

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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

Fitness