



Watertown Parks & Recreation Department  
 514 South First Street  
 920-262-8080  
 www.ci.watertown.wi.us

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# 2019 Pound Class

**Program:** Channel your inner Rock Star! Fuse drumming, cardio, upbeat music and TA-DAH! A whole new approach to fitness. Taught by Maria Gracia.

**Dates** Mondays, August 19-October 14, 2019 (omit Sept 2) (8 sessions)

**Times:** 7:15-8:00 pm

**Location:** Watertown Senior & Community Center



*All students should dress comfortably and bring a water bottle.*

**Fees:** \$32.00/city resident      \$48.00/non-city resident      \$7/drop ins welcome on availability

## Register

**Online:** <https://watertownwi.recdesk.com/community>

**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. **Student should communicate any special needs with their instructor.**

Watertown Parks & Recreation Department

## 2019 Pound Fitness Class

Mondays, Aug 19-Oct 14, 2019 (omit Sept 2) (8 sessions)

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Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_ 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 the person listed above is medically fit to participate. I give my permission to the supervisors of this program to take the proper steps in case participant listed above is in need of emergency medical attention. I also release the sponsoring groups and their agents from any and all claims arising from this participant's participation in this activity.

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

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

**Fitness**

## Register Online:

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