

Cardio-Kickboxing

*Introductory class, choreographed to motivating, fun music !!
with Yoga warm-up and cool-down !!*



South Hadley Recreation Center
116 Main Street, South Hadley, MA

Tuesday & Thursday 5:30pm – 6:25pm

April 17th – May 20th (ten classes)



- Introduction to Cardio Kickboxing: Tuesday/Thursday @ 5:30pm
 - \$50 per resident
 - \$60 per non-resident

Names _____

Address _____

Home Phone(s) _____ Cell Phone(s) _____

Email Address(s) _____

Please sign below to acknowledge that you understand the structure of the class and its limitations, and that you take this class freely and at your own risk. I, hereby release, discharge and/or otherwise indemnify the Recreation Department, Town of South Hadley, and all of its employees against any claim by or on behalf of the Registrant as a result of the Registrants participation in the program.

X _____ X _____ Date _____

Make check payable to

South Hadley Recreation Department and mail to: 116 Main Street, South Hadley, MA 01075

For more information, contact South Hadley Recreation Department at (413) 538-5039, or by email at recreation@southhadley.org, Contact Reisa at www.alexanderdance.com or reisa@alexanderdance.com