

Byron Township Recreation FITNESS CLASSES

Duration: 6 weeks **Age:** 16+ **Fees:** \$30 Resident / \$40 Non-Resident (per class)
Registration Deadline: September 4, 2008 (\$5 late fee) **Note:** Bring an exercise mat and water bottle to each class.
How to Register: Mail in, fax in or drop off form and fee to Byron Township Recreation Dept, 8085 Byron Center Avenue, Byron Center, MI 49315. Cash, Check, Credit Card accepted.
Phone: 878-1998 * **Fax:** 878-3980 * **Website:** www.byrontownship.org * **Cancellation Hotline:** 878-0623

Boot Camp- This class is designed to put you through a rigorous workout consisting of athletic drills, strength training plyo metrics, and cardio moves. Get ready to burn fat, tone up and sweat. An all around great workout.

DAY	DATES	TIME	MAX.	INSTRUCTOR		LOCATION
Monday	September 8-October 13	6:00-7:00pm	20	Taline Rosendall	Nickels Intermediate, 8638 Byron Center Avenue	

Zumba- This class combines high energy and motivating music with unique dance moves and combinations. You will work your legs, gluts, arms, abdominals and heart. Have fun dancing the night away. You won't even realize your working out!!

DAY	DATES	TIME	MAX.	INSTRUCTOR		LOCATION
Monday	September 8-October 13	7:00-8:00pm	20	Taline Rosendall	Nickels Intermediate, 8638 Byron Center Avenue	
Tuesday	September 9-October 14	6:00-7:00pm	25	Eleida Alfaro	West Middle School, Cafeteria, 8654 Homerich	

Yoga Fit- This class is designed to improve health, performance, muscle tone and mental acuity. User friendly poses and fun trendy music will lift spirits and promote wellness in each participant. No experience necessary.

DAY	DATES	TIME	MAX.	INSTRUCTOR		LOCATION
Tuesday	September 9-October 14	7:00-8:00pm	15	Danielle Young	West Middle School, Cafeteria (8654 Homerich)	
Thursday	September 11-October 16	6:00-7:00pm	15	Danielle Young	West Middle School, Cafeteria (8654 Homerich)	

Body Burn- This class includes the 4 C's : Cardio, Circuits, Calisthenics, & Core Strength. C Your Body Burn Unwanted Calories. Go at your own pace to challenge yourself.

DAY	DATES	TIME	MAX.	INSTRUCTOR		LOCATION
Wednesday	September 10-October 15	6:00-7:00pm	20	Dave Minier	Nickels Intermediate (8638 Byron Center Ave.)	

POWER Strength & Exercise - This class develops overall strength, fitness, and flexibility. Bring along hand held dumbbells, an exercise mat, and a positive attitude.

DAY	DATES	TIME	MAX.	INSTRUCTOR		LOCATION
Wednesday	September 10-October 15	7:00-8:00pm	20	Dave Minier	Nickels Intermediate (8638 Byron Center Ave.)	

Kickboxing- Are you looking for a total body workout? Increase your stamina, flexibility and strength. This class is a combination of aerobics, boxing, martial arts and FUN!

DAY	DATES	TIME	MAX.	INSTRUCTOR		LOCATION
Thursday	September 11-October 16	7:00-8:00pm	25	Taline Rosendall	West Middle School, Cafeteria (8654 Homerich)	

Byron Township Recreation - 2008 Fitness Class Registration Form - FALL

Program: _____ Dates: _____ Day: _____ Time: _____ Cost: _____
 Program: _____ Dates: _____ Day: _____ Time: _____ Cost: _____

NAME: _____ AGE: _____ PHONE: _____

ADDRESS: _____ CITY/ZIP: _____ EMAIL: _____

I hereby understand that by signing this form, I agree not to hold Byron Township or Byron Center Public Schools responsible for any injuries that may occur during participation in this Byron township Recreation Program. Furthermore, I authorize Byron Township to use photographs of participants for Byron Township promotional literature.

SIGNATURE: _____

Credit Card #: _____ Name on card: _____ Address: _____ Zip: _____
 Expiration Date: _____ Visa or MasterCard *Office Use Only:* Date: _____ Receipt: _____ Cash: _____ Check: _____ Amount: _____