



# Fitness Programs

*PRE-REGISTRATION REQUIRED*

(Register online @ [www.norwalk.iowa.gov](http://www.norwalk.iowa.gov), Parks and Recreation office, or by mail)

**We offer a variety of fitness classes so you can choose the one that's right for you.**

- 1) **Step Bench Aerobics/Interval:** is a class of high energy aerobic routines interspersed with intense cardio segments and followed by a recovery period. Class will improve cardio conditioning. This class is for any fitness level, and can be adjusted to a low or high impact class depending on the level of fitness you are. The bench is provided and you may bring floormat/towel and hand held wieghts to increase intensity and improve muscle tone. Mary Jane Sharp is the instructor. Min/Max: 10/30
- 2) **Early Bird Body Sculpting:** For those of you who get up with the chickens, come join this early morning class that will work on ultimate body sculpting, Pilate's, and Chico Metrics. This class is designed to maximize core strenth, firm and tone your butt, thighs and arms. This class will use dumbbells, big exercise balls (your own on designated days) and dynabands that will put you to the test with added intensity. Bring a mat/towel, hand weights are optional. Mary Jane Sharp is the instructor. Min/Max:10/20
- 3) **Circuit/Bootcamp Sensation:** Are you ready for this new workout that is athletic intense and more fun that a three-ring circus? Using the motivational power of teamwork and competition in combination with the balance challenges presented by the bosu balance workout, you will discover how to change ordinary circuit workouts into extraordinary workouts. The class will also use jump ropes, Dynamx Strength Balls, Ab rollers, bands, other strengthening equipment and weightred bars. Bring a mat/towel and your own hand weights (optional). Mary Jane Sharp is the instructor. Min/Max: 10/20

Day	Time	Class	Class Dates	Registration Dates
Mon	6:15 to 7:15pm	Step Bench/Interval	Jan 9 to Feb 20	Dec 26 to Jan 6
Wed	6:15 to 7:15pm	Circuit/Bootcamp	Jan 11 to Feb 22	Dec 26 to Jan 6
Tues & Thur	5:30 to 6:15am	Early Bird	Jan 10 to Feb 23	Dec 26 to Jan 6

## Information

Cost: varies per class (see back)

Location: Step, Circuit @ Oviatt Multipurpose room (Door #16)

Early Bird @ Norwalk Easter Public Library



TURN OVER TO FILL OUT REGISTRATION INFORMATION



# Norwalk Parks and Recreation Registration Form

**Individual Information:**

Name: First  MI  Last

Address:

City,State,Zip:  IA

Daytime Phone #:  Type:

Evening Phone #:  Type:

Cell Phone #:  Preference:

Email Address

Please place an "x" by the programs you will be attending and add the total at bottom:

			Resident	Non-resident
<input type="checkbox"/>	Monday	Step Bench Aerobics	\$24.50	\$28.20
<input type="checkbox"/>	Tuesday	Early Bird	\$24.50	\$28.20
<input type="checkbox"/>	Wednesday	Circuit	\$24.50	\$28.20
<input type="checkbox"/>	Thursday	Early Bird	\$24.50	\$28.20
<input type="checkbox"/>				
	<b>Total</b>		\$	\$

**Activity Information:**

Program  Registration Fee  Late Fee

**Financial Assistance Donation:**

This program is intended to open up participation opportunities for Norwalk area children by reducing financial obstacles for those who may not be participating because they cannot afford to pay the registration fees.

**Would you like to contribute \$1.00 (or more) to this program?**      Yes \_\_\_\_\_ No Thank You  
*(if yes, please add your donation to the registration fee - and THANK YOU!)*

**Additional Comments/Medical conditions (if any):**

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FOR OFFICE USE ONLY:    440.4500

PAID \_\_\_\_\_    CK# \_\_\_\_\_    CASH \_\_\_\_\_    By: \_\_\_\_\_

Credit Card \_\_\_\_\_    Number \_\_\_\_\_    Expires \_\_\_\_\_