

# 2019 Fall Aqua Aerobic Classes



## AM Aquatic Cross Training

Tues, Wed & Thurs 6:00-6:50 a.m.

A.C.T. is an intense workout that is easy. Tempo and fitness level changes to keep the body from reaching a plateau.

*Taught by Julie King.*

Sept. 10 to Dec. 19 | Member Price : \$44

## Aqua Aerobics for Arthritis

Mon, Wed, & Fri 8:30-9:30 a.m.

Range of motion is the goal for this class along with some suspended cardiovascular exercise, resistance training and stretching.

*Taught by Selah Moore.*

Sept. 9 to Dec. 20 | Member Price : \$45

## Advanced Aqua Aerobics

Tues & Thurs 8:30-9:30 a.m.

Easy does it cardio, toning and abs class. Thirty minutes of cardiovascular exercise, and 10 minutes each of suspended abs, resistance and stretching.

*Taught by Amy Schremp.*

Sept. 10 to Dec. 19 | Member Price: \$29

## PM Aquatic Cross Training

Mon & Wed 5:30- 6:15 p.m.

This class will relieve the stress of the day through a cardio workout, strength training and toning.

*Taught by Sandy Vaughn.*

Sept. 9 to Nov. 20 | Member Price: \$20

**Perryville Parks and Recreation Department**  
**Fall 2019 Aqua Aerobics Classes**  
**Registration Form**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Parent(s)/Guardian(s) Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (C) \_\_\_\_\_ (W) \_\_\_\_\_

Gender: (please circle)                      Male                      Female

E-mail: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

What class will you be attending:   **Advanced Aqua Aerobics**   **Aqua Aerobics for Arthritis**  
                                         **AM Aquatic Cross Training**   **PM Aquatic Cross Training**

Please make checks payable to "City of Perryville"  
                                         No Refunds

**ASSUMPTION OF RISK AND RELEASE OF ALL CLAIMS**

I allow child and myself to participate in Perryville Parks and Recreation programs and activities, including transportation provided, and to use Perryville Parks and Recreation facilities including but not limited to the entire aquatics area, weight room, and all equipment on site. I release the City of Perryville and its employees of any liability, claims or demands, which we may have hereafter as a result of my child's and my own participation in programs and activities and use of recreation facilities. I understand that the City of Perryville has no medical insurance for my child or me. I understand there are risks involved with physical exertion and use of recreation facilities, including serious injury. I certify that my child's and my own physical condition are satisfactory to participate in programs/activities. I give my consent to the City of Perryville to take photos/video of my child and me to be used by the City of Perryville for program promotion. I am at least 18 years of age, and verify that all the information provided at registration or on this form is correct. Providing incorrect information including but not limited to date of birth and address is grounds for removal from the program and may result in suspension of the privilege to participate in future programs.

\_\_\_\_\_ Date

Parent/Guardian OR Participant Signature

Return registration form & fee to:  
Perryville Parks & Recreation Department  
800 City Park Drive  
Perryville, MO 63775

For Office Use Only

Type of Payment \_\_\_\_\_ Initials \_\_\_\_\_ Date \_\_\_\_\_