

Aqua Exercise Sampler

Join us for a class featuring a variety of in-water exercises designed to compliment all fitness abilities. We guarantee a great workout with this cardio and strength combo class where you will be introduced to the abundance of exercises you can do in the water.



LOCATION
Bloomington Family Aquatic Center
 201 East 90th Street
 Bloomington, MN 55431



Dates: *Sunday Evenings 6:30-7:30 p.m.*
June 7, 14 & 21, 2015 **Fee:** *\$15 pre-registration*
Registration Deadline: *Fri June 5, 4pm*

Aquatic exercise provides a low-impact workout that combines elements of cardiovascular and strength training into a one hour fitness experience. Aquatic exercise uses water resistance to tone and build muscles while participants self-regulate their pace to provide an individualized cardiovascular workout. The classes will combine elements of water aerobics, aqua boot camp, and deep water exercises while using noodles, water weights and kickboards to provide a well-rounded fitness experience designed with people of all ages, ability levels, and fitness goals in mind.

WHAT TO BRING

- ◆ Swimsuit
- ◆ Towel
- ◆ Bottle of Water
(no sports drinks please)
- ◆ Aqua Shoes
(not required)

The Bloomington Family Aquatic Center has changing areas with showers that will be available for 15 minutes prior to and 30 minutes after class.

All information on this form must be completed and have signature consent of the Terms and Conditions before registration can be processed
Full payment must accompany registration

Participant Name: _____

Address: _____

City: _____ **Zip Code:** _____

Home Phone: _____ **Cell:** _____

Email Address: _____

Emergency Contact: _____

Preferred method of communication:

Phone Email

Return completed registration to Bloomington Parks and Recreation office

PAYMENT MAY BE MADE BY CREDIT CARD, CASH, OR CHECK AT PARKS AND RECREATION OR ONLINE AT <https://webtrac.BloomingtonMN.gov> USING CODE 121-PE

Cardholder's Name _____ Auth Amt. \$ _____
 Cardholder Signature _____

 Credit Card _____ Exp. Date: _____

Acknowledge, Sign, and Date

_____ INITIAL HERE Waiver: I understand that participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant(s). The City of Bloomington shall not be liable for any claims, injuries or damages, of whatever nature, incurred by the participant(s) which are directly or indirectly attributable to the negligence, whether passive or active, of the City, their agents or employees, arising out of, or in connection with the activity or programs. On behalf of the participant(s) and myself, I expressly release and discharge the City of Bloomington, their agents or employees from any such claims, injuries or damage. I also understand this waiver includes any injuries that may result from the condition of facility used in the activity of program.

_____ INITIAL HERE Data Privacy: The data supplied on this form will be used to enroll you in a recreation and or social program. Some requested data is private. It is available to you and to the City of Bloomington staff who need this information to perform their duties, but is not available to the public. You are not legally required to provide this data, but the City of Bloomington staff may not be able to complete your registration and/or you may not receive updated information.

Release Agreement: The City of Bloomington staff take pictures, slides, and videos of participants enjoying the activities for use in marketing and promotion of the programs. If I do not grant permission, I will send a letter to the City of Bloomington, Parks and Recreation expressing my wishes.

Participant or Parent/
Guardian Signature _____

Date _____