

Lincoln Park Recreation presents....

Cardio and Strength Training

This class includes dynamic cardio and plyometrics to increase heart rate and improve endurance, resistance training, core training and stretching.

The Instructor is Anum Khan, a Lincoln Park resident, Personal Trainer and Group Exercise Leader

Thursday Evenings 7-8PM
LP PAL/Community Ctr, 10 Boonton Turnpike, Lincoln Park

\$10 walk-in fee or \$35 (4) class package

*****Please bring a mat and weights (2lb weights will be available)*****

Name _____ D.O.B.: _____

Address _____
street address _____ city, state, zip _____

Home Phone _____ Cell Phone: _____

E-Mail: _____
(for class info such as cancellations or future classes & events)

Emergency Contact Name & Number: _____

NO REFUNDS

Waiver & Consent: I acknowledge that I am or my child is in suitable physical condition to participate in the recreation program, activity, sport, trip or event that I have registered for or have registered my child for & I hereby assume any risks involved by such participation. I certify that I am or my child is fully capable of participating in this recreational program, activity, sport, trip or event & that I do not have or my child does not have any physical or mental disability that would restrict full participation. For me & on behalf of my child, I do hereby waive, release, indemnify & hold harmless the Borough of Lincoln Park, its directors, superintendents, employees & volunteers from any liability &/or for any injury or damages that may be suffered by me or my child in the course of participation in the recreation program, activity, sport, trip or event & the activities incidental thereto, whether the result of any negligence or any other cause. In the event I am unable or unavailable to do so, I grant permission to receive or have my child receive emergency professional medical care as deemed necessary by the Recreation Staff. I agree to abide by the Rules & Regulations of the Lincoln Park Recreation Department & those of the venue that the Lincoln Park Recreation Department is visiting.

Photo Waiver Acknowledgement: Lincoln Park Recreation reserves the right to photograph attendees throughout the course of their events. As an attendee &/or on behalf of my child, I hereby grant permission to the Borough of Lincoln Park, its directors, superintendents, employees & volunteers to photograph me &/or my child & use the images solely for public relations purposes &/or the social media pages of the Borough of Lincoln Park. I do hereby waive, release, indemnify & hold harmless the Borough of Lincoln Park, its directors, superintendents, employees & volunteers from any liability &/or for any injury or damages that may be suffered by me or my child as a result of the taking or use of the photograph & images obtained in the course of participation in the recreation program, activity, sport, trip or event & the activities incidental thereto, whether the result of any negligence or any other cause.

Participant Name _____ Signature _____ Date _____

Lincoln Park Recreation / 34 Chapel Hill Rd, Lincoln Park, NJ 07035 / www.lincolnpark.org / (973) 694-6100