

LAURA BAKER IS BACK WITH A NEW
A.M. AEROBICS CLASS & Noon Crunch Class
THE ULTIMATE CIRCUIT WORKOUT

SPONSORED BY
LEMOORE PARKS & RECREATION DEPARTMENT

Circuit training alternates strength training exercises with aerobic activities to give you two workouts in one. You can burn 400 to 600 calories. Pace yourself or go the limit in this full body workout which is packed with lots of variety and fun.

Monday & Wednesday LUNCH CRUNCH

January 11th – 27th

12:00 – 12:30 p.m.

\$20 – limited time only

Tuesday & Thursday January 12th – 28th

5:30 -6:30 a.m.

\$35 January only (includes noon crunch)

Starting February 2nd \$40 per month (includes noon crunch)

FOR MORE INFORMATION CONTACT

Parks & Recreation Department at 924-6767

or Laura Baker at 707-5580

Group Discount Available

Registration form Circuit Workout

Name _____

Address _____ City _____ Zip _____

Phone _____ Cell phone _____

In case of Emergency contact:

Name _____ Phone _____

Please check class AM class _____ Noon crunch _____

Please list medications you are currently taking _____

The undersigned expressly waives any claim against the City of Lemoore Parks and Recreation Department Staff and Volunteer for any injury or property damage that may occur in this instruction and expressly assumes the risk of any such injury or property damage.

Signature _____ Date _____

Date Received: _____ Received by: _____ Receipt # _____ Paid _____