

Fitness in the Park

Do you enjoy the outdoors? Do you enjoy being active? This summer we have just the right activity for you! Come try a variety of fitness classes at Hidden Valley Park. Classes are open to participants 18 and older at all fitness levels. No experience necessary. The classes will be led by local businesses and fitness instructors who are partnering with the city of New Hope. *Please preregister by the Wednesday before class.*

Days/Time: Thursdays, 6:30-7:30 p.m.

Location: Hidden Valley Park
8800 32nd Ave N, New Hope
(meet in grassy area north of playground)

Fee: \$3 per person

120307-AA June 6
Zumba taught by YMCA instructor

120307-BB June 13
Pilates taught by
Life Time Fitness instructor

120307-CC June 20
Kickboxing/Strength Training taught by
Farrell's Xtreme Bodyshaping instructor

120307-DD June 27
Yoga taught by YMCA instructor

120307-EE July 11
Strength Cardio
taught by Life Time Fitness instructor

120307-FF July 18
Kickboxing/Strength Training taught by
Farrell's Xtreme Bodyshaping instructor

120307-GG July 25
Hip Hop Dance taught by YMCA instructor

120307-HH August 1
Pilates taught by Life Time Fitness instructor

120307-II August 8
Kickboxing/Strength Training taught by
Farrell's Xtreme Bodyshaping instructor

120307-JJ August 15
Yoga taught by YMCA instructor

120307-KK August 22
Strength Cardio taught by
Life Time Fitness instructor

120307-LL August 29
Kickboxing/Strength Training taught by
Farrell's Xtreme Bodyshaping instructor

Register with: New Hope Parks and Recreation
4401 Xylon Ave N
New Hope, MN 55428

Refunds, program credits and transfers are allowed up to one week prior to the start of the class. In the event of illness or injury, refunds may be given when accompanied by a doctor's written verification. All refunds are subject to a \$5 service fee. Confirmations are not sent. Payment by check authorizes the city to use information from your check to make a one-time electronic fund transfer from your account. Phone registrations accepted with a major credit card. **Questions?** Call 763-531-5151.

Online Registration! Go to webtrac.nhrecexpress.com.

 www.facebook.com/newhoperecreation

Fitness in the Park - Summer 2019

Name _____ Phone(h) _____ (c) _____

Address _____ City _____ Zip _____

Course _____ Email _____ Amount Enclosed \$ _____

I, the undersigned parent, guardian or adult participant, authorize the City of New Hope to disclose to the City's insurer, attorney, staff, coaches, and other personnel involved in this program, the participant's name, address and telephone number for the purpose of program administration. I understand that the records are protected under state and federal privacy regulations and cannot be disclosed without my written consent unless otherwise provided by law. I hereby agree to allow the individual named herein to participate in the aforementioned activity, and further agree to hold the City harmless for any claim resulting from participation in this activity. I further give consent for any photos or videos taken during the program to be used by the City for promotional materials.

Participant Signature _____ Date _____

Am Ex/Discover/MC/Visa # _____ Exp Date _____ Security Code _____