Find YOUR right Fit with NHTI Fitness Classes
Fall 2017 Line-up Card

Core ‘n’ More – A combination of pilates and toning that strengthens and lengthens all the muscles of the core. Flexibility and balance movements are incorporated for a complete workout for everyday life!

POUND – Channel your inner rock star with this modern day fusion of music and movement. Using RIPSTIX (weighted drumsticks) you will drum, lunge, jump and squat your way through a total body workout! Join us for this high caliber, kicking, sweat session!

Total Body Conditioning – An energetic, multi-level workout incorporating strength, light cardio, and core in one workout!

Yoga – Is school, work or relationships causing you stress? Find relief! Yoga is a healing system of theory and practice. Going back over 3,000 years this helps you attain the highest level of health and awareness through breathing exercises, physical postures and meditation. Stressing causes “dis-ease” in your mind, yoga will provide you with tools to let go of your everyday pressures. Who wouldn’t want that?!

Cardio Kickboxing – cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.
NHTI Fitness Classes Registration/Liability Form:
FALL 2017 - Session I

STUDENTS ARE FREE – JUST NEED TO SIGN A WAIVER

___ ($35) Yoga (Mondays/12 – 1pm) Sept. 11 through Oct. 23 …MPR (SC102)

___ ($35) POUND (Mondays/5pm – 6pm) Sept. 11 – Oct. 23 …MPR (SC102)

___ ($35) Total Body Conditioning (Tues./12 - 1pm) Sept. 5 through …MPR (SC102)

___ ($35) POUND (Wed.s/12 – 1pm) Sept. 6 through Oct. 18… MPR (SC102)

___ ($35) Cardio Kickboxing (Wednesdays/5pm – 6pm) Sept. 6 – Oct. 18…MPR (SC102)

___ ($35) Core ‘n More (Thursdays/12– 1pm) Sept. 7 through Oct. 19 …MPR (SC102)

___ ($30) Yoga (Friday/12 – 1pm) Sept. 8 through Oct. 13…MPR (SC102) (no class on 10/20)

___ Unlimited classes for 7- week session/ $90.00

___ Unlimited for semester/ $150.00 ……..PAID IN FULL ALREADY

STAFF AND FACULTY - Please bring all payments to the Bursar’s Office and then this waiver to the Wellness Center office. Checks should be made payable to NHTI – Concord’s Community College.

___ Student  ___Faculty  ___Staff

I, __________________________________________ hereby register to participate in the NHTI Fitness Classes. I assume all liability for personal or property damage or loss, which may result from my voluntary participation in the program.

I understand that as a participant in any physical activity and exercise program there are inherent risks, and I assume full responsibility for my voluntary participation.

I understand and agree that in case of a medical emergency, staff, volunteers and the instructor(s) may contact 911 on my behalf. Further, I understand that I am financially responsible for such action taken on my behalf.

I/we absolve the State of New Hampshire, NHTI – Concord’s Community College, its staff and volunteers and the instructor(s) associated with the program from any and all liability which may occur as a result of my participation.

_________________________________________  ______________________
Print Name  Date

_________________________________________  ______________________
Signature  Email  Phone