NHTI Fitness Classes Registration/Liability Form:  
Fall 2018 - Session I

STUDENTS ARE FREE – JUST NEED TO SIGN A WAIVER

___   ($35) Yoga (Mondays/12 – 1pm) Sept. 10 – 24 and Oct. 1 - 22…MPR (SC102)

___ (35) Toning Circuits and Stations (Tues/12:10 – 1pm) Sept. 4 – 25 and Oct. 2 – 23...MPR (SC102) NO CLASS 9/11

___ (35) Kickboxing with Corey (Tues/4:30 – 5:15pm) Sept. 11 – 25 and Oct. 2 - 23….MPR (SC 102)

___ (35) POUND (Weds/12 – 1pm) Sept. 5 – 26 and Oct. 3 - 17 … MPR (SC102)

___ (35) Absolute Core! (Thursdays/12:10– 1pm) Sept. 6 – 27 and Oct. 4 - 18 …MPR (SC102)

___ (35) Yoga (Fridays/12 – 1pm) Sept. 7 – 28 and Oct. 5 - 19 …MPR (SC102)

___ 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.

Signature ___________________________ Date ___________________________ Phone

________________________________     ______________________
Print Name                           Email
Find **YOUR** right Fit with NHTI Fitness Classes
Fall 2018 Line-up Card

**Toning Circuits & Stations** — Energetic workout combining light cardio and strength in a 30-minute circuit with the option of an additional 10-minute core blast! Utilizing stability balls, resistance bands, hand weights and our own body weight, we hit all muscle groups in one class! Driven by fun music, this is a multi-level class for anyone looking for a class where you can get a great workout at your own pace.

**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!

**Kickboxing** — Join our new “high energy” instructor, Corey for this great cardio workout! Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. Also a great way to work on balance and coordination.

**ABSolute Core!** — A 40-minute flowing combination class that increases core strength, balance, stability and flexibility. Suitable for all levels of fitness, we incorporate stability balls, resistance bands and small pilates balls into the workout. Modifications are taught for those who need them.

**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?!