



# Let's Get Started



*Looking to get yourself started on the road to health and wellness?  
Well, this beginning entry level fitness class is for you!*

**This class is for beginners looking to get started.  
Come on in as Ms. Barb will lead you through 45 minutes of body  
movement that is sure not to bore you or “tear you apart”**

*Mondays and Wednesdays  
September 11 – October 25*

*Meet In Room 2000 – Upstairs at the High School  
5:30 pm – 6:15 pm*

*Cost: \$42.00 or drop-in Fee \$5 per class*

*Enjoy the “fun” and non-intimidating attitude of Ms. Barb...  
you will love this class!!*

*Minimum of 6 participants needed!*

**In case of inclement weather and/or school is canceled or dismissed early, class  
will be canceled and will not be rescheduled.**

By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with Lodi School District Recreation and Education Program activities and events organized by The School District of Lodi.

I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights. I have signed this Agreement freely, voluntarily, under no duress. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all liability to the full extent of the law. I am 18 year of age or older and mentally competent to enter into this waiver.

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| <p><b>Any Questions Contact</b><br/>592-1077</p> <p><b>Mail Form to:</b><br/>CREW<br/>Attn: Heidi Endres<br/>1100 Sauk St<br/>Lodi, WI 53555</p> | <p>Method of Payment:</p> <p><input type="checkbox"/> Check (make payable Lodi School District) \$42<br/> <input type="checkbox"/> Cash (drop off only to Pool Lobby) \$42<br/> <input type="checkbox"/> Drop In Fee per class \$5</p> <p>Register On-line! <a href="http://www.lodi.k12.wi.us">www.lodi.k12.wi.us</a>,<br/>click on CREW!</p> | <p>_____</p> <p>Name</p> <p>_____</p> <p>Address</p> <p>_____</p> <p>Phone</p> <p>_____</p> <p>Email</p> <p>_____</p> <p>Signature</p> |
| <p><b>Let's Get Started Fall I 2017</b></p>  |  |  |