



Movement & Strength Training

for Healthy Aging Individuals

Let's work together to get moving more and incorporate strength training to keep our bodies strong and feel our best! If needed, modifications will be provided to accommodate all levels of participants. Bring your own water bottle!

Class Options:

Mondays & Wednesdays

Dates: December 1 – December 15

Class #1: 8:30 am – 9:15 am (FULL)

Class #2: 9:45 am – 10:30 am

Limited Space Available



Class will be upstairs in room #2220 at the High School

Stephanie Caves has been a **licensed Occupational Therapist** for 17 years. This is an incredible offer! *Similar programs would cost at least twice as much!*

**If class is canceled for any reason (weather, COVID, etc),
class will not be rescheduled nor refunded.**

Space is limited!

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| <p>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.</p> <p>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 also grant permission for CREW to post photos on social media and the website. I am 18 year of age or older and mentally competent to enter into this waiver.</p> | | |
| <p>Any Questions Contact 592-1076</p> <p>Mail Form to: CREW 115 School St Lodi, WI 53555</p> | <p>Method of Payment:</p> <p>▣ Class #1: M/W: 8:30-9:15 am (FULL)</p> <p>▣ Class #2: M/W: 9:45-10:30 am</p> <p>Cost: \$25 per person</p> <p>Method of Payment:</p> <p><input type="checkbox"/> Check (make payable to Lodi Schools)</p> <p><input type="checkbox"/> Cash (drop off only)</p> | <p>_____ Name</p> <p>_____ Address</p> <p>_____ Phone</p> <p>_____ Email</p> <p>_____ Signature</p> |
| <p align="center"><u>Movement & Strength Training December 2021</u></p> | | |