



Thursdays: April 6 & April 13

Wednesdays: April 19, April 26 & May 3

4:00-4:45 pm

High School – Room 2220

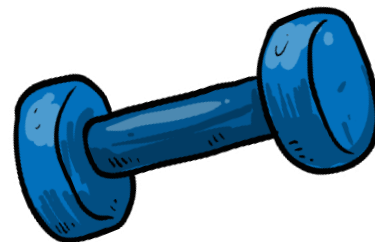
Cost: \$25 per person

Drop in \$8

Join Donna Richter for this small group low impact functional movement class.

Classes will be different each week using a variety

of equipment for basic functional exercises. Mobility, strength, balance and yoga will be incorporated to give you a total body workout. This class is for all levels and is for everyBODY as it is Fit for YOU!



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 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>Any Questions Contact 592-1076</p> <p>Mail Form to: CREW 115 School St Lodi, WI 53555</p>	<p>Method of Payment:</p> <p>Wednesdays 4:00-4:45 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><input type="checkbox"/> Register On-line!</p>	<p>_____ Name</p> <p>_____ Address</p> <p>_____ Phone</p> <p>_____ Email</p> <p>_____ Signature</p>
<p align="center">Fit 4 YOU – Spring 2023</p>		