

ADULT ACTIVITIES

Suspension Strap Class

Suspension training is an exercise system using hanging straps and your own body weight to improve your strength, balance, and flexibility for all fitness levels from beginner to super athlete.

Instructor: Cynthia Woodard

Ages: all are welcome

Cost: \$7.50/class

\$50.00/month

\$80.00/3 months

Days: Tuesdays / Thursdays

Times: 6:30 PM

Location: Public Safety Center

Chair Yoga

This supportive yoga class is designed for beginners or those not comfortable sitting on the floor. We use chairs for sitting posture and support for standing postures. This class ends with restorative yoga.

Instructor: Martha Danielson

Ages: all are welcome

Cost: \$3.00/class

Days: Tuesday Evenings

Times: 6:30—7:30 PM

Location: City Hall (2nd Floor)

Water Aerobics

A great way to enjoy a work out and cool down after a long day in the Summer! Deep Water Only.

Instructor: Debby Stewart

When: TBD

Time: TBD

Dates: TBD

ADULT RECREATION REGISTRATION FORM

Activity: _____

Name: _____

Email: _____

City: _____

Emergency Contact: _____ Phone #: _____

List any medical conditions we should be aware of: _____

Waiver Release Statement:

I, the undersigned, agree to hold harmless and indemnify the City of Lindsborg and the City of Lindsborg Recreation Department, their employees, agents and assigns for any and all damages of personal injury claims, including third party claims, as well as all cost and fees that may be incurred arising out of or as a result of my attendance and participation in the city sponsored event, whether damage or injury is intentional or negligent, direct or indirect. I waive any rights to claims, demands, and causes of action whether present or future known or unknown and release from all liability the City of Lindsborg, their employees, agents, and assigns. I agree to abide by all Lindsborg Recreation Department rules, regulations and accept ruling from Department staff. This waiver is also for parents to sign, who have children under 18 years of age participating.

Signature: _____

Date: _____

Participant paid for: _____