New Year Shape UP

Every Friday in February at 4:30 PM

4 Weeks of Small Group Training, Nutrition Sessions, and Unlimited use of Wellness Center and Exercise Classes

Cost: $50 Registration Deadline: Jan 31st

Week 1: Start Moving: Gym walk through and goal setting. Learning how to read labels.

Week 2: Group Fitness Class Formats (Trying several different group fitness class types). All About Macronutrients

Week 3: Walking your way to your goals. Restaurant Swaps for busy days.

Week 4: Gym Workout and making a plan. Healthy snack cooking demo.
NEW YEAR SHAPE UP

Participant’s Name: ___________________________________________ 

Address: ___________________________________________________________________________ Zip: ______________ 

Phone #: ___________________________ Email: __________________________________________________________________ 

Emergency Contact: ____________________ Emergency Contact Phone Number: _____________ 

Parent’s Name: ___________________ Phone #: _________________________________ 

Cost: $50 

Permission to Photograph: I give permission for my child or self to be photographed, videoed, and for media to be posted, printed, or used for publicity on websites, social media, advertisements, and flyers at the discretion of the city of McMinnville, and McMinnville Parks and Recreation. 

Liability Release: In consideration of the acceptance of application I/we hereby waive, release and discharge any and all claims for damages, for death, personal injury, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said events. This release is intended to discharge in advance the City of McMinnville, Tennessee, its offices, employees or agents, third party instructors, and all of their divisions, organizers, sponsors, supervisors, and participants from liability, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. 

Participant’s Signature: __________________________ Date: ______________ 

Parent’s Signature: __________________________ (For youth only) Date: ______________