

**Classes start
October 10th!!!**



CARDIO CLOG

Thursday Nights 6:30 PM

Cost: \$35 per month

Family Discount: \$5 off

Ages: 6 to Adult

(Kids younger than 6 allowed if registered with a parent)



Using modern techniques and a variety of music, you will soon be addicted to this toe tapping activity. Approximately 60 minutes of fun filled exercise each week builds self-confidence and encourages positive activities for all ages.

**CLOGGING CLASSES FOR
THE WHOLE FAMILY**

Parks and Recreation 
McMinnville
WARREN COUNTY, TENNESSEE *Sow Natural!*

Register and take the class at the Three Star Mall
(1410 Sparta St. McMinnville, TN 37110)
931.473.1212



CARDIO CLOG

_____ Beginner Cardio Clog (Thursday Nights at 6:30)

_____ Thunder Team (Tuesday Nights 6:30) [coming soon]

Participant's Name: _____

Address: _____ Zip: _____

Phone #: _____ Email: _____

Emergency Contact: _____ Emergency Contact Phone Number: _____

Partner's Name: _____ (For adult sessions only)

Parent's Name: _____ (For youth only) Phone #: _____ (For youth only)



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: _____

