

Lincoln Park Recreation presents.....

# **STRENGTH TRAINING**

**Mon & Thurs evenings**

**7pm - 8pm**

**at the LP PAL/Community Center**

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**FREE INTRO CLASS ON  
THURSDAY, JANUARY 19, 2012**

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**regular class schedule begins on  
Monday, January 23, 2012**



**PRE-PAY FOR 10 wks/20 classes = \$160**

**WALK-IN FEE IS \$10 PER SESSION**

Name \_\_\_\_\_

Address \_\_\_\_\_  
town state zip

Home Phone \_\_\_\_\_ Date of Birth: \_\_\_\_\_

E-Mail: \_\_\_\_\_  
(for class info such as cancellations or future classes & events)

**Waiver & Consent:** I acknowledge that I am in suitable physical condition to participate in the Recreation Program that I have registered for and I hereby agree to assume any risks involved. I certify that I am fully capable of participating in this recreational sport, activity, or program and that I have no physical or mental disability that would restrict full participation. I do hereby waive, release, indemnify and agree to hold harmless the Borough of Lincoln Park, its directors, superintendents, employees and volunteers from any liability and/or for any injury that may be suffered by myself in the normal course of participation in the sport and the activities incidental thereto, whether the result of any negligence or any other cause. In the event I am unable, I grant permission to receive emergency professional medical care as deemed necessary by the Recreation Staff. I agree to abide by the Rules and Regulations of the Lincoln Park Recreation Department. I also agree to follow the Rules and Regulations of the Recreation Dept.

Signature: \_\_\_\_\_

**NO REFUNDS**

Lincoln Park Recreation, 34 Chapel Hill Road, Lincoln Park, NJ, 07035  
www.lincolnpark.org e-mail us at: lprecreation@bolp.org 973-694-6100 ext#2206



2012

Fitness Resolution

FREE

strength training class

Thursday, January 19

7pm