

## CITY OF IOLA RECREATION PRESENTS: TURBOKICK!

Turbo Kick® is the hottest exercise class around that burns up to 1000 calories per hour! Sure, it's kickboxing, but it's so much more! You'll kick, punch and groove your way to a brand new body in this action-packed, super fun, super safe and effective cardiovascular workout. Further, this addictive workout combines shadow boxing, kickboxing, sports drills, dancing, yoga, and simple dance moves in a party atmosphere where losing weight is the side effect of having FUN! Turbo Kick® is an interval based class that allows participants of any fitness level to participate and custom tailor their workouts. No equipment needed! This fat blasting format is the ultimate calorie burning challenge!

**When: Tuesday and Thursday Evenings, 6:30-7:30pm**

**Session Dates: Nov. 15, 17, 22, 29...Dec. 1, 6, 8, 13, 15, 20, 22, 29.**

**Where:** Gym, Recreation Building, Riverside Park

**Cost: \$40.00**, Register online at [www.cityofiola.com/rec\\_events\\_all.html](http://www.cityofiola.com/rec_events_all.html)  
or at the Recreation Office by **November 15th.**

**Ages:** 18 years of age and older

**Contacts:** Iola Recreation 365-4990 or Sam & Stephanie Sheaffer, (785) 448-2824

\*\*\*Certified Beachbody Coaches (P90X, Insanity) Push LLC

Make Checks Payable To: City of Iola      Return To: Recreation Office, 600 S. State, Iola    or    Mail To: 2 W. Jackson, Iola

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell/Work Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Emergency Contact Name and Phone \_\_\_\_\_

**Refunds:** As deemed necessary, Iola Recreation may refund fees and cancel any program with insufficient enrollment response. Otherwise, no refunds will be provided.

**Waiver:** I hereby agree to accept all risks of injury or accident of the above named participant in this program. I agree to release the City of Iola, their employees, agents, representatives, instructors, and all volunteers associated with this program from any liability resulting from any circumstance that may arise in connection with this program.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Turbo Kick Class Fall 2011)