

City of Iola Recreation Presents:

**R.I.P.P.E.D. Fitness Class**

This total body, high-intensity program utilizes free weights, resistance bands, and body weight to strengthen your core and other major muscles. R.I.P.P.E.D.™ combines the individual components that give the program its name: Resistance, Intervals, Power, Plyometrics, Endurance and Diet. This program stimulates different energy systems and muscles in each workout segment. These stimulants change the focus every six to nine minutes to keep you on your toes.

This fitness class will challenge you and help improve your endurance. No matter your ability, this class is for individuals of all fitness levels. Suggested gear: light weights (5 lbs. or less), water bottle and towel.

**This Morning Class will be instructed by Megan Cole. Monday & Wednesday** mornings from 6:00-6:35 AM.

Class Dates: November 23, 25 & 30, December 2, 7, 9, 14, 16, 21 & 23.

**RUMBLE Fitness Class**

Similar to R.I.P.P.E.D., RUMBLE has been created for everybody! You will use a RUMBLE Stick: creates a higher degree of training and is an extension of your body, which enhances spatial awareness and overall movement. No martial arts experience required, just a willingness to sweat, a desire to get an incredible workout, and the willingness to have fun along the way! Suggested gear: water bottle and towel. Rumble Stick will be provided.

**This Morning Class will be instructed by Megan Cole. Tuesday & Thursday** mornings from 6:00-6:35 AM.

Class Dates: November 24, November 27 (Fri.), December 1, 3, 8, 10, 15, 17, 22 & 24, will not meet on Thanksgiving.

\$40 class fee. Give it a try! One class just \$5.00!

All classes will be held in the Little Theater at the Recreation Building, 500 Park Ave., Riverside Park. 18 years of age and older may participate. Register at the Recreation Office prior to the first class, or with Megan the first day of class.

For more information contact the Recreation Office at 620-365-4990.

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Please complete one registration form per participant. Payment must accompany completed registration form. Return form to the Recreation Office during normal business hours, place forms in the drop box located on the southeast side of the Recreation Building, or mail to P.O. Box 308, Iola.

Name: \_\_\_\_\_ Home # \_\_\_\_\_  
(Please Print)

Address: \_\_\_\_\_ Cell # \_\_\_\_\_

City: \_\_\_\_\_ Emergency Phone # \_\_\_\_\_

CANCELLATION POLICY: In the event of a cancellation due to weather conditions, Iola Recreation will post the cancellation on the City of Iola – Recreation Facebook page.  
REFUND POLICY: As deemed necessary the City of Iola Recreation Department may refund fees and cancel any program with insufficient enrollment response. Otherwise, no refunds will be provided! WAIVER: I hereby agree to accept all of the risks of injury or accident of the participant named in the above program. The risk to have contact with individuals, who have been exposed to and/or have been diagnosed with one or more communicable diseases, including but not limited to Covid-19, MRSA, Influenza, or other medical conditions or diseases does exist, and it is impossible to eliminate the risk that the participant could be exposed to and/or become infected through contact with or close proximity with an individual with a communicable disease. I agree to release the City of Iola, their employees, agents, representatives, instructors, coaches, officials and all volunteers associated with this program from any liability resulting from any circumstances that may arise in connection with the program. All program participants under the age of 18 years old must have a Parent or Guardian Signature! PHOTOGRAPHY CONSENT, RELEASE AND WAIVER OF LIABILITY: I hereby give my consent to the City of Iola Recreation Department to photograph me and use the photograph(s) for informational, educational, promotional, or publicity purposes concerning the city and its services. I understand that the photograph(s) may be used on the city's Website, TV Channel 6 or in official city publications or displays, public newspapers, magazines, reports, or other public documents; or electronic or digital recordings. I also understand that the photograph(s) may be used without any further consent or authorization from me; the city may modify the photograph(s) in the process of editing, and I will not be entitled to any compensation for use of the photograph(s). I also agree to release the City of Iola, its officers, employees, or agents, from any and all liability arising out of or connected to the use of the photograph(s) as stated above. I have read and understand the foregoing consent, release, and waiver of liability, and voluntarily accept and agree to its terms.

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

\_\_\_\_ RIPPED \$40; \_\_\_\_ RUMBLE \$40; \_\_\_\_ One Class Fee \$5;

November 23-December 24, 2020 RIPPED/RUMBLE Class (Cole)

**\*\*Please make checks payable to the City of Iola.**