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Better Body Blast * Payment & Policy Info

Class Cost: \$10.00 Pay Per Class \$60.00 Unlimited 1 Month \$150.00 Unlimited Summer
Unlimited Class Discount Program available when paid in full and may not be prorated at anytime. Unlimited 1 Month period is considered actual calendar month.

Program Policy: Payments are due before the start of class. Each participant must have a consent/liability waiver form signed before participating in any class. Participants must bring receipt of payment, if unlimited package was purchased. All classes are approximately 60 minutes. Classes would automatically cancel if severe weather is happening, light rain use your discretion. No refund for class cancellation.

Better Body Blast * Class Description & Info

Hike It Up, Booty & Core-

Location: Granite Peak Ski Resort, N. Mountain Rd / Cty Hwy NN. Participants should meet 5 minutes before class start time in the parking lot near the ski chalet.

Bring: water, mat (hint: roll it & attach it to your backpack), towel, bug spray, sunscreen, cross training/hiking shoes.

Class Description: Warm the body up with quick hike to the top of Rib Mt. Enjoy the breath taking view while you firm & sculpt your butt and abs. We'll wrap it up with a casual hike back to the bottom.

Slim Down Tone Up-

Location: Rose Marie Park, N.16th Ave. This park is visible off the right side of the highway when driving north on Hwy 51 between the Bridge St. & Cty Hwy U / Cty Hwy K Exit. Take the Cty Hwy U Exit. Turn right at the lights. Take your first right onto Arlington St. Arlington will take a sharp left and turn into N. 16th Ave.

Bring: water, workout gloves, running shoes, towel, sunscreen, bug spray.

Class Description: Time flies when you're having fun. Surrender your entire body to this intermediate boot camp workout. Tone and firm your body from head to toe utilizing the park equipment and get your heart pumping when running the paved track circling the playground.

Extreme Boot Camp-

Location: Rib Mt. Query, N. Mountain Road / Cty Hwy NN past (Granite Peak Ski Resort) turn left on Grouse St. Park and meet at the dead end. Participants should meet 5 minutes before class start time.

Bring: water, padded exercise mat, towel, sun screen, bug spray.

Class Description: Come hike to the Rib Mt. Query for the most intense workout you'll ever have! We will hike from the base to the query, with nothing but a mat, than get ready for 45 minutes of "body blasting fun" toning your whole body from head to toe, using nothing but your own body weight. Lead in a group setting, in a boot camp format.

Move It & Lose It-

Location: Wausau West High School Track

Bring: water, towel, sunscreen, bug spray, exercise mat.

Class Description: Come run, jump, and lunge your way to a better lower body. Enjoy the variety when we mix cardio and toning exercises together. Be prepared to burn some major calories with this power packed workout.

Beach Body Boot Camp-

Location: Sunnyside Park/ Man Made Lake, near Wausau West Industrial Park.

Bring: swimsuit or regular workout clothes (yes, you will get wet), water shoes/aqua socks, beach towel, water, sun screen.

Class Description: Its proven muscle confusion breaks through stubborn plateaus. Take your body out of its comfort zone and show it whose boss with this unique yet intense workout. Participants should expect to get waist deep in water.

Lakeside Power Yoga"ish"-

Location: Blue Gill Bay Park, Bluegill Ave. From Rib Mt. Dr. turn onto E. Cloverland Ln. Turn left on to Bluegill Ave. Participants should meet 5 minutes before class start time in the parking lot. Actual class is taught out on the peninsula; follow the gravel trail between the lake and pond. Take the first trail to the right.

Bring: yoga mat, water, towel, bug spray, sunscreen

Class Description: Quickly flow from one yoga pose to the next while challenging yourself to balance and control body movement. This is not your typical yoga class. Relaxation techniques and meditation breathing will not be a prime focus. Be prepared to sweat and increase your heart rate. You will gain great flexibility creating that long lean muscle look when you attend this class regularly.

Brick Training-

Location: Doepke Park, Cty Hwy N Wausau (Rib Mt. area near the Rib Mt. Fire Station)

Bring: bike, bike helmet, running shoes, water, towel, sunscreen

Class Description: Experience a method used by tri-athletes. Quickly transfer from riding your bike 4 miles to running/jogging 1 1/2 miles. Repeat with a 2 mile bike ride and ¾ mile run/jog. This is an amazing cardio, fat burning workout with leg & butt toning benefits.

**EXERCISE PROGRAM PARTICIPATION
INFORMED CONSENT/LIABILITY RELEASE**

Participants Name _____

I desire to engage voluntarily in an exercise program in order to attempt to improve my physical fitness. I understand that the activities are designed to place an increased workload on the cardio respiratory system and thereby attempt to improve its function. The reaction of the cardio respiratory system to such activities can't be predicted with complete accuracy. There is a risk of certain changes that might occur during or following the exercise. These changes might include abnormalities of blood pressure or heart rate.

I understand that the purpose of an exercise program is to develop and maintain cardio respiratory fitness, body composition, flexibility and muscular strength and endurance. All exercise programs should include warm-up, exercise at target heart rate, and cool-down stretching. A program may involve walking, jogging, cycling or other cardiovascular modalities: participation in group exercise fitness classes: calisthenics or strength training. Programs are designed to place a gradually increasing workload on the body in order to improve overall fitness. The rate of progression is regulated by exercise target heart rate and perceived effort of exercise.

I understand I am responsible for monitoring my own condition throughout the program, and should any unusual symptoms occur, I will cease my participation and inform the instructor of the symptoms.

In signing this consent form, I affirm that I have read this form in its entirety and any questions regarding participation in an exercise program have been answered to my satisfaction.

In the event that a medical clearance must be obtained prior to my participation, I agree to consult my physician and obtain written permission prior to the commencement.

Also, in consideration for being allowed to participate in an exercise program, I agree to assume the risk and further agree to hold harmless the Facility/Parks Department/Property Owner and any instructor/staff of Fitness on Demand LLC, or any persons involved, from any and all claims, suits, losses, or related causes of actions for damages, including but not limited to, such claims that may result from my injury or death, accidental or otherwise, during, or rising in any way from the exercise program.

Participants Signature _____

Date _____

Parent/Guardian Signature _____

Date _____