

# RICHFIELD PARKS & RECREATION

SPONSORS



## FitKare

Regular physical activity reduces the risk of heart disease, diabetes; obesity and a list of other health problems—and can ease symptoms and improve quality of life for people already living with chronic diseases.

Come and get your heart rate up!

## Fitness with Kare

Join Karen Ulrich with this fantastic program! We'll walk 4 miles with intervals using hand weights for strength training. Intervals will have high-intensity exercise periods alternated with periods of active recovery. Interval training has been shown to break through weight loss plateaus and increase a person's overall fitness level. With just four basic steps, participants get a heart-pumping, calorie-torching aerobic workout. Walkers will utilize all muscles in the body by incorporating simple arm movements which helps intensity of the workout and provides strength training. Each session begins with a warm-up to prepare the body for more intense exercise, and a cool-down to safely bring heart rate and breathing back to normal for an overall safe workout!

*\*Wear your Fit bit and meet your step goals!*

**Ages:** All Ages (Young and old, exercise sculpted to your ability)

**When:** Tuesdays & Thursdays

**Time:** 6:00 pm – 7:00 pm

**Where:** Richfield Parks and Recreation Center

**Price:** \$65 for 10 classes mail-in **Drop ins:** \$10 –please let us know you are coming



**Name of registrant:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Birth Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Name of parent/guardian:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City And Zip:** \_\_\_\_\_

**Home Phone Number:** (\_\_\_\_) \_\_\_\_\_ **Emergency Phone Number:** (\_\_\_\_) \_\_\_\_\_

**E-mail Address: (Please print clearly)** \_\_\_\_\_

**Waiver/Release Statement:** The undersigned party agrees to release and hold Richfield Parks and Recreation, and it's members. Agents and employees harmless from any and all liabilities and claims for damages and/or suits for or by reason of any injury or injuries to any person or persons or property of any kind whatsoever from any cause or causes while engaged in any Richfield Parks and Recreation program and for all claims or demands whatsoever in law or equity which may heirs, executors, administrators or assigns can, shall, or may have reason of any matter, cause or thing whatsoever. I also give my permission to the aforementioned organization for the free use of my likeness and that of my child or ward, in connection with any broadcast, telecast, print media or other publicity. **Signature of parent or guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Registration Policy:** Richfield Recreation will close registration for each program 7 days before it is scheduled to begin, unless otherwise noted in the schedule. We must implement this policy as a courtesy to our instructors, who lose valuable time and pay if their classes are cancelled due to low enrollment. Class fees, in the form of checks or cash, MUST be sent in or dropped off with registration slips. Registrations without payments will be disregarded. Registrants living outside of the VILLAGE of Richfield are required to pay an additional \$5.00 non-resident fee per program. Failure to include the non-resident fee when you send in your payment may delay your registration and you could be shut out of programs if enrollment is high. Registrations are accepted on a first come, first serve basis. **Refund Policy:** Richfield Parks & Recreation reserves the right to cancel, combine or divide classes; or to change time, date, or location of classes; to change instructor assignments; and to make any other changes that may be necessary. **Full Refunds:** The department will issue a full refund if the program is cancelled. **Partial Refunds:** If a registrant cancels up to 5 working days before the start of a program, he will receive a full refund, minus \$6 service charge. Refund requests made fewer than 5 days before the start of a program will only be guaranteed if another person enrolls in the program. In this case, the fee will be refunded less the \$6 service charge. No refunds will be given after a program has started.

For more information, call Richfield Parks & Recreation Dept. or email RecreationDept@RichfieldVillageOhio.org

Please make checks payable to "Village of Richfield" and mail to: 3333 Brecksville Rd., Richfield, OH 44286