

Fitness Clinic

Fitness can be fun!
We're going to show you how.

Join us for a variety of games and activities.

This clinic requires no specific athletic ability or skill set. It's about getting off the couch, being active and having fun!



Sat. January 28, 2012

8:30 am—10:30 a.m.

Chesterfield Family Center
2511 West Republic Road

\$20 per child
Ages 5-12

Open to boys & girls
Scholarships available.

Contact the Park Board at 864-1049.



Activities include:

- Yoga Class
- Relay Races
- Rock Wall Climbing
- Nutrition Trivia
- Wii Games
- Nutritional Snacks
- Exercise Circuits



REGISTRATION FORM

Make checks payable to: BPS Strut. Mail to: BPS Strut, 1923 North Weller, Springfield, MO 65803

Name: _____ Age: _____ Phone: _____
 Address: _____ City, State Zip: _____
 E-mail address: _____
 Parent or Guardian dropping child off: _____ Phone: _____
 Parent or Guardian picking child up: _____ Phone: _____

My family and I hereby waive and release the Springfield-Greene County Park Board, Drury, Evangel, and Missouri State Universities and the Women's Intersports Network and their representatives from claims for damages and/or injuries incurred while participating in or as a spectator of the above mentioned organizations' activities.

Signature of parent or guardian

I give permission for my child to be photographed while participating in Park Board activities, and to use any photographs of my child for Park Board promotional purposes.

Signature of parent or guardian

Clinic Sponsors:

