



**CITY, COUNTY AND LAWRENCE UNIVERSITY  
EMPLOYEES HEALTHSMART CLASS**



**BOOT CAMP**

Achieve your fitness goals with this high-energy, drill-based, interval session! Take charge of your day with this balanced workout combining cardio and strength exercises. We will use functional movements to improve the cardiovascular and muscular systems. Your agility, strength, cardiovascular fitness and core stabilization will be challenged through body-weight and equipment-based drills.

**FALL 2 SCHEDULE – Tuesday and Thursday classes – January 10 – February 23**

**LOCATION:**

Boot Camp will be held at City Center Plaza, 2<sup>nd</sup> floor Studios, Studio 2, 100 N Appleton Street.

CLASS	AGE	DAY	TIME	FALL 1 CLASS #	HEALTHSMART FEE
Boot Camp	14+	T	4:45 – 5:45 p.m.	116415-E2	\$17.50
Boot Camp	14+	TH	4:45 – 5:45 p.m.	116415-E1	\$17.50

**UPCOMING SESSION:**

Spring 1- February 28- April 20 (No classes the week of March 24)

**TO REGISTER:**

Mail-in registration using the registration form below, mail to City of Appleton, Parks & Recreation, PO Box 1976, Appleton, 54911 or register in person at 100 N. Appleton Street, City Hall, 1<sup>st</sup> Floor Customer Service Center.

**MAKE CHECKS PAYABLE TO - THE CITY OF APPLETON. Questions in regards to registration, please call Appleton Parks and Recreation – 832-5905.**

**PROGRAM REGISTRATION FORM**

PLEASE PRINT

FAMILY LAST NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_

PARENT OR GUARDIAN \_\_\_\_\_ TELEPHONE H - \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_ W- \_\_\_\_\_

PLEASE CIRCLE THE APPROPRIATE RESPONSE TO THE QUESTIONS BELOW.

ORGANIZATION YOU WORK FOR? CITY OF APPLETON      OUTAGAMIE COUNTY      LAWRENCE UNIVERSITY

ARE YOU THE EMPLOYEE? YES      NO      ARE YOU A RELATIVE OF THE EMPLOYEE      YES      NO

PARTICIPANT'S FIRST NAME	PARTICIPANT'S BIRTHDATE	CLASS NAME	CLASS NUMBER	FEE

**Questions on the class - please contact Customer Service at (920) 832-5905  
or email [aprd@appleton.org](mailto:aprd@appleton.org)**