

# Ridgewood Parks and Recreation

presents

## Middle School Fitness

GYMGUYZ.



#1 in Home Personal Training

with

Total Body Tuesdays  
Open to Boys and Girls!

Tuesday afternoons

Anne Zusy Youth Lounge, 131 N. Maple Avenue

3:45pm to 4:45pm

March 14, 21, 28 April 4, 18, 25 May 2, 9

(No class on April 11)

\$ 100/8 classes

(Non-residents may register if space is available.

An added \$10 fee will apply.)

Call 201-670-5500 ext 301 for more details.

Bring water.

GYMGUYZ provides a weekly outlet for middle school students that aids in their ongoing growth, and their pursuit of good health, optimal fitness, wellness and nutritional understanding and practice.

Maintaining one's health and fitness during adolescence is critical to growth, intellectual and physical development and self-esteem. This program integrates all of these components, and more!

**Program Registration - Online at [www.ridgewoodnj.net/communitypass](http://www.ridgewoodnj.net/communitypass)**

In person or by mail: The Stable, 259 N. Maple Ave., Ridgewood, NJ 07450 Tel: 201-670-5560

Please make checks payable to: **Ridgewood Parks and Recreation**

**Refund Policy - Administrative fees apply to cancellations prior to the start of session. No refunds once session begins.**

Name \_\_\_\_\_

Telephone \_\_\_\_\_

Address \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_

Session/Date **EARLY SPRING 2017**

Email \_\_\_\_\_

Emergency Phone \_\_\_\_\_

Allergies/Condition \_\_\_\_\_

Program: **GYMGUYZ MIDDLE SCHOOL FITNESS \$100 (\$110 non-residents)** Payment Ck# \_\_\_\_\_ Cash \_\_\_\_\_

I, the parent of the above named youth, hereby give my permission to participate in any and all Village approved Recreation activities. I assume all risks and hazards incidental to such participation. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors, and persons involved in the activities for any claim arising out of an injury to my child, whether the result of negligence or for any other cause, except to the extent and in amount covered by accident insurance.

Parental Consent: \_\_\_\_\_