



# NEW ADULT PROGRAMS SUMMER 2021

**Total Body Blast - (Ages 16+)**

Class will be focused on “blasting” muscle groups and toning the entire body. This class will have participants utilizing free weights and some energy within. Will include light stretching post workout. - **Instructor: Brittany Barr**

**Cost: \$42.00 (\$32.00 MAC Members)**

**Times: Saturdays 9:00 a.m. – 9:45 a.m.**

**Location: MAC Studio A**

**Dates: Saturdays, May 15 - June 19**

**Indoor Spin Cycling - (Ages 16+)** Spin classes provide a high-energy cardio workout using stationary spin bikes. This Class will get your heart and legs pumping. Each class will include a combination of speed, hills, and interval training using high-energy music. This class can be adapted by each participant, so your workout can be as easy/tough as you want it to be! - **Instructor: Heather Barr**

**Cost: \$42.00 (\$32.00 MAC Members)**

**Times: Tuesdays 5:30 p.m. – 6:00 p.m.**

**Location: MAC Studio B**

**Dates: Tuesdays, May 18 - June 22**

**\*For questions related to COVID protocol please reach out to the instructor directly\***

**\*REGISTRATION DEADLINE:** 2 days prior to start date for all programs (space permitting).  
*Registration is accepted on a first-come/first-served basis. Programs will fill quickly, so please register early.*

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ M/F: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Race/Ethnicity: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

<p>In consideration for being permitted to participate with the Meade Activity Center for any purpose including but not limited to utilization and/or observation of its facilities, services, and programs, without respect to location, the undersigned, for himself or herself and any personal representatives, assigns, heirs, and next of kin hereby agrees to release, waive and discharge the MAC, its directors, officers, Board of Directors, employees, and agents from all liability for any loss or damage to personal property, and/or any claims or demands therefor on account of injury or death of the undersigned. The undersigned agrees that the forgoing Release and waiver of Liability is intended to be as broad and inclusive as is permitted by the law of the Commonwealth of Kentucky. The Undersigned also acknowledges that he/she has both read and voluntarily signed this Release and Waiver of Liability. I have read the Release.</p>		
Name of Participant (Print)	Signature	Parent or Guardian Signature
<p>I give the MAC permission to use my photo in promotional literature: _____ Yes _____ No</p>		

INDOOR CYCLING \_\_\_\_\_ TOTAL BODY BLAST \_\_\_\_\_