

STRENGTH & ENDURANCE TRAINING AT HACKETT HILL PARK



This strength and endurance training program will focus on strengthening all the major muscle groups of the body using both weights and your own body weight. Join this class to keep your bones and muscles strong, burn calories, and gain endurance to enjoy your favorite activities for a longer period of time. Join the Town of Hyde Park Recreation Dept. and LAT Training for a fun, well-rounded exercise program!

Where: Hackett Hill Park Program Building (2nd floor), East Market Street, Hyde Park

When: Tuesdays, 6:00 – 7:00 p.m., from Jan. 17 through Feb. 28, 2012.

(No class on Feb. 14.)

Cost: \$60.00 for seven sessions. Walk-ins welcome at \$10 per class, if space permits.

Instructor: Leigh Toth, owner of LAT Training. ACSM-certified personal trainer and credentialed group exercise instructor.

Registration: Class size is limited. Pre-registration is suggested!

Bring: A pair of dumbbells (3-5 lbs. for women, 6-10 lbs. for men), a mat, and water.

Questions? Contact Leigh Toth at (845) 309-4528 or lattraining@hvc.rr.com

-----Pre-registration Form -----

Strength & Endurance! Hackett Hill Park Program Bldg. Cost: \$60.00 Tuesdays 6:00–7:00 p.m. Jan. 17 thru Feb. 28, 2011

Name _____

Address _____

Phone _____ E-mail _____

RELEASE & AGREEMENT

I, the undersigned, hereby agree to participate in an exercise class and/or program offered by LAT Training (Leigh Toth). I understand that there are inherent risks in participating in a program of exercise. I warrant and represent that I am in acceptable health and that I may participate in the program.

I agree that LAT Training (Leigh Toth) and the Town of Hyde Park shall not be liable or responsible for any injuries to me or illnesses, loss, damage, or death resulting from my participation in the program; and I expressly release, waive, and discharge LAT Training (Leigh Toth), agents, and assigns, and Town of Hyde Park, from all claims, actions, or judgments which I or my heirs, executors, administrators or assigns may have or claim to have against LAT Training (Leigh Toth) and/or its agents or assigns and Town of Hyde Park for all injuries, illnesses or other damage which may occur in connection with my participation in the program. This release shall be binding upon my heirs, executors, administrators, and assigns. I acknowledge this release whether harm is caused by the negligence of the releasees or otherwise.

I assume full responsibility, during and after my participation, for my choice to use or apply, at my own risk, any part of the instruction that I receive. I have read this release and agreement and I understand all of its terms. I execute it voluntarily and with full knowledge of its significance.

Signature _____



LAT Training

Please make check payable to: LAT Training

Mail to: Leigh Toth

LAT Training

22 Molly's Way

Salt Point, NY 12578