



C. community R. resource E. enrichment W. wellness

# “B oot C amp” / “G ym n S wim”

Start every Monday, Wednesday and Friday mornings off with a workout for all levels! Classes are located outdoors at various locations in the community. Boot Camp is a workout to push your limits and challenge yourself. **No two classes are ever the same!** Guaranteed to make you sweat and give you a total body workout. Expect everything from cardio, core, strength training, speed, agility and surprises! Announcement of class location will be made the evening prior to class on Lodi CREW Facebook.

**All are welcomed!**

## September / October 2023

### Begins at 5:15am Monday, Wednesday & Friday

#### COST

\$8 Drop In  
\$45 Pool Members &  
Seniors  
\$55 non -Pool Members



**Online  
Registration is  
EASY  
Scan our QR  
CODE**

#### BOOT CAMP

**\*\*\*SIGN UP FORM and WAIVER AND RELEASE FROM LIABILITY\*\*\***

I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights. I have signed this Agreement freely, voluntarily, under no duress. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all liability to the full extent of the law. I also grant permission for CREW to post photos

By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with **Lodi School District Recreation and Education Program** activities and events organized by **The School District of Lodi**.

on social media and the website. I am 18 year of age or older and mentally competent to enter into this waiver.

Participant Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

\*Participant Signature: \_\_\_\_\_ \*Date: \_\_\_\_\_