Movement & Strength Training

for Healthy Aging Individuals

Let's work together to get moving and incorporate strength training to keep our bodies strong and feel our best! If needed, modifications will be provided to accommodate all levels of participants. Bring your own water bottle!

November Class Dates

Mondays and Wednesdays

November 2 – November 23

(No Class November 4, 25 &30)

6 classes for only:

only **$37**

Drop In $8.00

Class #1: 8:30 am – 9:15 am

Class #2: 9:45 am – 10:30 am

Class will be at the High School – Upstairs Room 2220

Instructor, Stephanie Caves, has been a **Licensed Occupational Therapist** for many years. If class is canceled for any reason (weather, COVID, etc), class will not be rescheduled nor refunded.

This class is partially funded by Sauk Prairie Healthcare.

Online Registration is Preferred! Scan our QR Code!

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.**

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

Any Questions Contact
592-1076

Mail Form to:
CREW
115 School St
Lodi, WI 53555

Method of Payment:

- ▫ **Class #1: M/W: 8:30-9:15 am**
- ▫ **Class #2: M/W: 9:45-10:30 am**

Cost: $37 per person
$8 Drop IN

Method of Payment:

- ☐ Check (make payable to Lodi Schools)
- ☐ Cash (drop off only)
- ☐ Register On-line!

Name _____

Address _____

Phone _____

Email _____

Signature _____

Movement & Strength Training – November 2026