



City of Revere Fitness Challenge Schedule and Entry Form

Get Fit & Healthy during the City of Revere Fitness Challenge starting on May 16th, 2016. All participants must register before they can participate in any of these *free fitness classes and be eligible to win prizes*. All classes are for all levels of fitness. Participants can register online at www.revererec.org or return this form to Revere City Hall attn: Revere on the Move 281 Broadway, Revere, MA 02151.

Day	Class Schedule	Class Descriptions and Locations in Revere
Monday** No classes 5/30 Memorial Day	6:15 p.m. Maxout Fitness 6:30 p.m. -Tranquil Flame Yoga	Cal-Zone –225 Beach Street Zumba- Dance to the hottest Latin and International moves around! Weights & Toning -Free weights, gliders, kettle bells & more, this is a perfect complement to a cardio heavy regime.
Tuesday	9:30 a.m. -Revere Cross Fit 7:00 p.m. Barre Class	Dance Revolution with Erika-41 Marble Street 5/18-Hip Hop 5/25 Jazz Salsa
Wednesday* Dance Revolution 5/18 & 5/25 Cal-Zone 6/1 & 6/8	6:30 p.m. -Strength Discovery *7:15 p.m. -Dance Revolution 5/18 & 5/25 *7:45 p.m. Cal-Zone- Zumba 6/1 & 6/8	Haley Hanton- Revere Recreation Center -150 Beach Street Barre Class- A low impact yet effective innovative workout that is full body sculpting with ballet movements. Maxout Fitness- 796 Broadway Fitness Kickbox- Boot camp style cardio workout with kickboxing, kettle bells, cross training & more.
Thursday* Rachael Ferrante 5/19 & 5/26	9:00 a.m. -Cal-Zone Weights & Toning – *7:00 p.m. Rachel Ferrante Dance Studio-Ballet Bar 5/19 -5/26	Millions of Muscles – Revere Beach at Cary Circle M.O.M Boot camp -Full body, fat blasting workout with no equipment needed that will challenge you every time. Rachael Ferrante Dance Studio-225 Beach Street Ballet Barre -60 Minute workout set to upbeat music that focuses on posture, alignment, & lower body sculpt at the ballet barre. Mommy & Me- Bring the little one for a fun filled interactive workout! Moms will get a great workout while enjoying time with your child.
Friday** Tranquil Flame Yoga No Class 5/20	**10:00 a.m. -Tranquil Flame Yoga – No Class 5/20 6:30 p.m.-Revere Karate Cardio Kickboxing	Revere CrossFit – 55 American Legion HW, Revere Cross fit is an effective fitness programs that combines a variety of functional movements that includes cardio, weights, and body focused exercise that strengthen your body! Revere Karate Academy-144 Broadway, Revere, MA, 02151 Cardio Kickboxing- Combine karate training & fitness drills with strength training all set to high energy music for a total body workout! Strength Discovery-41 Marble Street, Revere, MA 02151
Saturday* 5/21, to 6/4 No Classes on June 11,2016 Ferrante 5/21 & 5/28	*8:00 a.m. Millions of Muscles Beach Boot Camp 5/21-6/4 *8:00 a.m. Strength Discovery 5/21 - 6/4 *10:00 a.m.-Rachael Ferrante Mom & Me Class 5/21 & 5/28 *11:30 a.m. Revere CrossFit	Revere Karate Academy-144 Broadway, Revere, MA, 02151 Cardio Kickboxing- Combine karate training & fitness drills with strength training all set to high energy music for a total body workout! Strength Discovery-41 Marble Street, Revere, MA 02151 Tranquil Flame Yoga-Point of Pines Yacht Club 28 Rice Ave. Yoga means to “yoke” or unite as in body, heart, mind & spirit. Classes are gentle to moderate with options provided for beginning and experience students. Classes may include yin, yang and or/Hatha Yoga.
Revere Runs 1 Mile & 5K Race 9:00 a.m. 1 Mile 9:30 a.m. 5K West Revere School Complex 107 Newhall Street, Revere	** Class will not be held on this date.	

Fitness Anytime!

Can't make it to one of the free fitness classes walk, run or bike one of Revere's Urban Trail's or the Bike to the Sea Northern Strand Bike Path!

West Revere Urban Trail 1.8 Start at DiSalvo Park

Beachmont Urban Trail 2.2 –start at the Beachmont School Playground

Ward 4 Urban Trail 2.78 Start at the Hill School

Bike to the Sea Bike Path 1mile –start at Lynn Street at Revere/Malden Line

Revere City Wide Fitness Challenge Entry Form

RELEASE -Waiver of Liability and Informed Consent – **Complete and mail to: Revere City Hall/Attn. Julie DeMauro, 281 Broadway, Revere, MA 02151.** I _____, have enrolled and agreed to voluntarily participate in Revere's City Wide Fitness Challenge of physical activity including, but not limited to, the following activities: boot camp, cardio classes, Zumba dancing, kickboxing, walking, jogging, etc." "Acknowledgment is hereby made that I am in good physical condition and that the activities of the City Wide Fitness Challenge have risks including, but not limited to, those caused by terrain, temperature, weather, my physical condition, equipment, and actions of others." "In consideration of my participation in the City Wide Fitness Challenge, I, _____ for myself, my heirs and assigns, hereby release: **City of Revere, MA and all participating businesses and instructors** from any claims, demands and causes of action arising from my participation in the City Wide Fitness Challenge." "I fully understand that I may injure myself as a result of my participation in the City Wide Fitness Challenge and I,, agree to assume all risks and hereby release above businesses from any liability now or in the future including but not limited to heart attack, nausea, joint or muscle injury, broken bones, heat-related illness, and/or difficulty breathing occurring during or after my participation in the City Wide Fitness Challenge. I hereby state that I will inform the instructors of above businesses of any symptoms during my participation in the City Wide Fitness Challenge for my safety and benefit."

I, _____ understand that above businesses may photograph or record video of participants in the Fitness Challenge and I, _____, provide approval for them to use these pictures or videos for promotional purposes only.

Print Name: _____

EMAIL: _____

Address: _____

PHONE: _____

EMERGENCY CONTACT NAME and PHONE: _____

ONLY COMPLETE BELOW SECTION IF YOU ARE A PARENT OR GUARDIAN OF A PARTICIPANT UNDER THE AGE OF 18:

I, the parent or guardians of the above named participant, hereby give my approval to this child's participation in the FREE kids dance and fitness classes and its activities. I assume all risks and hazards incidental to such participation in City Wide Fitness Challenge, and I hereby waive, release, absolve, indemnify, and agree to hold harmless its officers, heirs, assigns, administrators, personal representatives and executors, firms, corporations, businesses, and present employees, owners, volunteers, sponsors, supervisors, participants, all city, county, and state governments, and all sponsors, their representatives and successors and others persons, for any claim arising or of an injury to my/our child and from any and all claims, causes of actions, obligations, lawsuits, charges, complaints, contracts, controversies, covenants, agreements, promises, damages, costs, expenses, responsibilities, of whatsoever kind, nature or description, whether, direct or indirect, in law or in equity, in contract or in tort, or otherwise, whether known or unknown, from all claims or liabilities of any kind arising out of or connected with my child(ren)'s participation in this event. I consent to the foregoing and grant permission for him/her to participate in City Wide Fitness Challenge. I acknowledge I have carefully read, accepted and agreed to the terms on this Release and Liability waiver, and know and understand their contents and I sign the same on my own free act and deed.

Parent Signature _____

