



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 to be eligible to win prizes*. All classes are for all levels of fitness with varying age levels. To register for classes and to sign the fitness challenge waiver online visit www.revererec.org. Mail paper applications to Revere on the Move, Revere City Hall, 281 Broadway, Revere, MA 02151.

Day	Class Schedule	Class Descriptions and Locations in Revere
<p style="text-align: center;">Monday**</p> <p style="text-align: center;">No classes 5/30 Memorial Day</p>	<p>6:15 p.m. Maxout Fitness (Ages 18+)</p> <p>6:30 p.m. -Tranquil Flame Yoga (Ages 18+)</p>	<p style="text-align: center;">Cal-Zone –225 Beach Street</p> <p><i>Zumba</i>- Dance to the hottest Latin and International moves around! <i>Weights & Toning</i> -Free weights, gliders, kettle bells & more, this is a perfect complement to a cardio heavy regime.</p>
<p style="text-align: center;">Tuesday</p>	<p>9:30 a.m. -Revere Cross Fit (Ages 15+)</p> <p>7:00 p.m. Haley Hanton Barre Class (Ages 12+)</p>	<p style="text-align: center;">Dance Revolution with Erika-41 Marble Street Learn the moves of Hip Hop, Jazz and Salsa style dance!</p> <p style="text-align: center;">Haley Hanton- Revere Recreation Center -150 Beach Street</p>
<p style="text-align: center;">Wednesday*</p> <p style="text-align: center;">Dance Revolution 5/18 & 5/25</p> <p style="text-align: center;">Cal-Zone 6/1 & 6/8</p> <p style="text-align: center;">Revere Karate 5/25</p>	<p>6:30 p.m. -Strength Discovery (Ages 12+)</p> <p>*6:30 p.m. Revere Karate Academy 5/25 (Ages 12+)</p> <p>*7:15 p.m. -Dance Revolution 5/18 & 5/25 (Ages 5+)</p> <p>*7:45 p.m. Cal-Zone- Zumba 6/1 & 6/8 (Ages 12+)</p>	<p><i>Barre Class</i>- A low impact yet effective innovative workout that is full body sculpting with ballet movements.</p> <p style="text-align: center;">Maxout Fitness- 796 Broadway</p> <p><i>Fitness Kickbox</i>- Boot camp style cardio workout with kickboxing, kettle bells, cross training & more.</p> <p style="text-align: center;">Millions of Muscles – Revere Beach at Cary Circle</p> <p><i>M.O.M Boot camp</i> -Full body, fat blasting workout with no equipment needed that will challenge you every time.</p>
<p style="text-align: center;">Thursday</p>	<p>9:00 a.m. -Cal-Zone Weights & Toning (Ages 18+)</p>	<p style="text-align: center;">Rachael Ferrante Dance Studio-225 Beach Street</p> <p><i>Ballet Barre</i>-60 Minute workout set to upbeat music that focuses on posture, alignment, & lower body sculpt at the ballet barre.</p>
<p style="text-align: center;">Friday**</p> <p style="text-align: center;">Tranquil Flame Yoga No Class 5/20</p> <p style="text-align: center;">Revere Karate Academy No Class 5/27</p>	<p>**10:00 a.m. -Tranquil Flame Yoga –(Ages 18+)</p> <p>**6:30 p.m.-Revere Karate Cardio Kickboxing (Ages 12+)</p>	<p style="text-align: center;">Revere CrossFit – 55 American Legion HW,</p> <p><i>Cross fit</i> is an effective fitness programs that combines a variety of functional movements that includes cardio, weights, and body focused exercise that strengthen your body!</p>
<p style="text-align: center;">Saturday* 5/21, to 6/4</p> <p style="text-align: center;">No Classes on June 11, 2016</p> <hr/> <p style="text-align: center;">Revere Runs 1 Mile & 5K Race</p> <p style="text-align: center;">9:00 a.m. 1 Mile 9:30 a.m. 5K</p> <hr/> <p style="text-align: center;">West Revere School Complex 107 Newhall Street, Revere</p> <hr/>	<p>*8:00 a.m. Millions of Muscles Beach Boot Camp (Ages 13+)</p> <p>*8:00 a.m. Strength Discovery (Ages 12+)</p> <p>*10:00 a.m.-Rachael Ferrante Ballet at the Barre (ages 12+)</p> <hr/> <p>*11:30 a.m. Revere CrossFit (Ages 15+)</p> <p>*Class will be offered on dates listed only</p> <hr/> <p>** Class will not be held on this date.</p>	<p style="text-align: center;">Revere Karate Academy-144 Broadway</p> <p><i>Cardio Kickboxing</i>- Combine karate training & fitness drills with strength training all set to high energy music for a total body workout!</p> <p style="text-align: center;">Strength Discovery-41 Marble Street</p> <p>Find your strength with these strength training workouts through various exercises</p> <p style="text-align: center;">Tranquil Flame Yoga-Point of Pines Yacht Club 28 Rice Ave.</p> <p>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.</p>

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

All participants must sign this waiver. Waivers can be completed online at <https://www.smartwaiver.com/w/56fd9048313bb/web/>

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, and Revere City Wide Fitness Challenge, and all participating businesses, and any or all of their instructors, employees, directors, administrators, committees, or volunteers, and their representatives, agents, successors, and assignees, from any and all 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 the City of Revere, Revere City Wide Fitness Challenge and the 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 _____



Michael J. Boschetti, DMD., PC

