

TBC- Total Body Conditioning
Instructor: Robin Blackburn
Wednesday February 15th - March 7th 6:30 pm
West Branch Parks and Recreation
For more information contact: Melissa Russell
319-643-4212 or recdirector@westbranchiowa.org



TBC – Total Body Conditioning - is an ever-changing workout! No two classes the same as you will use intervals, circuits, partner and team work to increase your overall fitness! You'll rotate between strength training, core work and cardio bursts – working hard to keep that heart rate up and the calories burning!

A little something about the instructor....Robin Blackburn was someone who never really cared for exercise and fitness when growing up. As life went on, she found her weight skyrocketing and she knew she needed to do something about it. She has lost 160 pounds through proper diet and exercise – and now fitness is her passion. Robin got involved with personal training as a means to share her fitness knowledge and motivate people to accomplish their goals. She has a genuine interest in helping people achieve their dreams.

Robin has a Master's in Education and is an AFAA certified personal trainer. Additionally, she is a certified SPIN and PiYo instructor.

She enjoys participating in running races and triathlons. She has completed everything from a 5K to a marathon and is training to once again finish and 70.3 triathlon

Registration Form

Name: _____

Email: _____

Phone Number: _____ Cell Phone: _____

Address: _____

Emergency Contact: _____ Phone: _____

Waiver

By signing this agreement, I the participant, parent, and/or guardian understand that participation in this activity may result in some type of injury and protective equipment does not prevent all injuries to participants. I hereby give permission for my child, ward, or myself to participate in the below registered program and/or activity and certify that my child (or myself) is physically fit to join in the activities. I hereby waive, release, and agree not to hold the City of West Branch Parks and Recreation Department, West Branch Community School District, sponsors, supervisors, and volunteers liable for any injuries that may occur as a result of participation in these activities. I also give my permission for any photos/videos, etc. of these participants taken during a program to be used for future departmental promotional materials. Please take note and govern yourself accordingly.

**THE WEST BRANCH PARKS AND RECREATION DEPARTMENT AND THE CITY WEST BRANCH
HAVE NO ACCIDENT INSURANCE TO PROTECT THE PARTICIPANTS.**

Participant/Parent Signature: _____

Wednesday February 15th-March 7th (4 week class) 6:30 pm Town Hall \$22

Please make checks payable to Robin Blackburn.

Pilates

Instructor: Angela Herren

West Branch Parks and Recreation

For more information contact: Melissa Russell

Registrations can be dropped off at City Office, Town Hall or brought the first night of class.

319-643-4212 or recdirector@westbranchiowa.org

Late Winter Session February 20th -March 6th

Registration Form

Name: _____

Email: _____

Phone Number: _____ Cell Phone: _____

Address: _____

Emergency Contact: _____ Phone: _____

Waiver

By signing this agreement, I the participant, parent, and/or guardian understand that participation in this activity may result in some type of injury and protective equipment does not prevent all injuries to participants. I hereby give permission for my child, ward, or myself to participate in the below registered program and/or activity and certify that my child (or myself) is physically fit to join in the activities. I hereby waive, release, and agree not to hold the City of West Branch Parks and Recreation Department, West Branch Community School District, sponsors, supervisors, and volunteers liable for any injuries that may occur as a result of participation in these activities. I also give my permission for any photos/videos, etc. of these participants taken during a program to be used for future departmental promotional materials. Please take note and govern yourself accordingly.

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Participant/Parent Signature: _____

Please check classes you are attending: **Please make checks payable to Angela Herren.**

____Late Winter Session February 20th-March 6th(3 Week Class) 7:30 pm @ Town Hall ____\$16.50

TOTAL _____