



# NEXT LEVEL FITNESS PROGRAM

A FITNESS PROGRAM OFFERING MOTIVATION AND SUPPORT FOR ACHIEVING FITNESS GOALS OR IMPROVING OVERALL HEALTH AND WELLNESS



**\$99**  
INCLUDES  
WEEKLY EMAILS &  
HEALTH TIPS

**JANUARY 23 - MARCH 27, 2017**

**MONDAYS 9:15 - 10 A.M. WORKOUT CLASS**

**EMMORTON RECREATION & TENNIS CENTER**

**TUESDAYS 6 - 7 P.M. SPEAKER LECTURE SERIES**

**FOREST HILL /HICKORY ACTIVITIES CENTER**

Topics cover weight loss, health, wellness, nutrition & more

**SATURDAYS 9 - 10 A.M. WORKOUT CLASS**

**CHURCHVILLE RECREATION CENTER - LEVEL BUILDING**

Classes are run by certified fitness instructors and cover core development, muscular strength, endurance, & cardio

**SLIM DOWN CHALLENGE:** For \$125, attend all of the above Next Level Fitness sessions and receive one more weekly workout class Thursdays 5:30 - 6:15pm at McFaul Activity Center, a t-shirt, weigh-ins and more.

**BARRY GLASSMAN, HARFORD COUNTY EXECUTIVE**  
**KATHY BURLEY, DIRECTOR OF PARKS & REC**

**YOU MUST BE 16 YEARS OR OLDER TO REGISTER.**  
**QUESTIONS? 410-638-3988 or [mjfros lone@harfordcountymd.gov](mailto:mjfros lone@harfordcountymd.gov)**

**REGISTRATION FORM**

Select Program: Next Level Fitness \_\_\_\_\_ Slim Down Challenge \_\_\_\_\_

Name \_\_\_\_\_ Fee Enclosed \$ \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

Medical issues we should be aware of \_\_\_\_\_

I give my permission for photos to be taken for publicity purposes:  Yes  No

Add me to your e-mail list for new programs:  Yes  No

I do hereby expressly agree to release Harford County, Maryland, a body corporate and politic of the State of Maryland, and its elected and appointed officials, agents, officers, and employees, from all liability arising from any harm or injury, including death, sustained by me/my child while participating in this program. In accordance to Maryland law, I understand that information on Youth Sports Concussion and Head Injuries is available at <http://www.cdc.gov/headsup/youthsports/index.html> and information on Sudden Cardiac Arrest at <http://www.nhlbi.nih.gov/health/healthtopics/topics/scda/>.

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

**NO REFUNDS UNLESS PROGRAM IS CANCELED - PLEASE MAKE CHECKS PAYABLE TO HARFORD COUNTY, MD AND MAIL WITH REGISTRATION FORM, BY JAN 17, TO : PARKS & REC – 702 N. Tollgate Rd. Bel Air, MD 21014**