

# Beresford Parks, Rec. & Community Education (PRCE)

305 W. Oak Street  
Phone (605)763-2094

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Director: Scott Klungseth

Beresford, SD 57004  
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## Aerobic Fitness for Adults Class -- Evening Session

The goal of this program is to increase cardiovascular fitness, strength, flexibility and overall health through a variety of fitness movements that will include step aerobics, BOSU trainers, body weight, resistance bands, and other fitness tools.

The Aerobic Fitness for Adults group will meet at the Community Education Building. The class will be provided using a Virtual Trainer.

Dates: Tuesday and Thursday Evenings in October, November, December

Times: Tuesday, Thursday Evenings 8:00-8:50 p.m.

Ages: Adults (limited to 10 participants)

Cost: \$50 per participant

Location: Community Education Building

DEADLINE for registration is September 20<sup>th</sup> 2018

Questions: please call Director at 763-2094 or email [scott.klungseth@k12.sd.us](mailto:scott.klungseth@k12.sd.us)

----- cut here and keep above info!!!! -----

**2018 PRCE Aerobic Fitness for Adults Evening Class Registration**  
**One sheet per adult please & return to the Community Education Building**

Name \_\_\_\_\_ Email \_\_\_\_\_

Cell \_\_\_\_\_ Local emergency contact name/number \_\_\_\_\_ PH# \_\_\_\_\_

Beresford PRCE, in making this recreational activity available, assumes no responsibility for injury. The responsibility for injury is assumed entirely by the participant. Participants in recreational activities are not covered by any special insurance coverage, therefore, participants should have adequate insurance coverage. I ACCEPT THE RESPONSIBILITY AS STATED ABOVE. I have consulted a physician and am confident that I am currently have not medical conditions that should preclude me from participating in this fitness-based activity.

Printed Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_, 2018