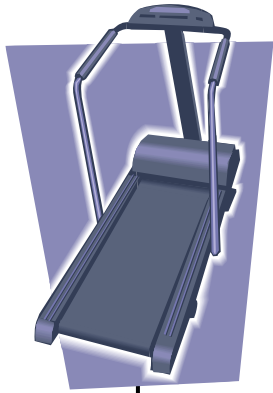


Open Fitness Center

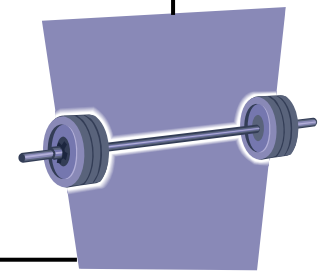
Live Life to the Fittest!



Hayward Community School District in conjunction with Community Education is proud to offer our Fitness Center to individuals in the community. The Hayward High School Fitness Center will be open to any adult or child over 13, with supervision. This is a great opportunity for community members to enjoy a complete workout, with or without assistance. Fitness supervisors will be on hand if an individual needs help setting up a workout routine. Enjoy elliptic machines, weights; full and hand, treadmills, and more. No enrollment fee, just a one-time fee for use during the designated days and times.

Who: Any man, women, or child 13+
 When: Tuesday's, Thursday's, and Friday's
 January 5 – May 20
 Time: 6:30-8:30 pm
 Where: High School Weight Room
 Cost: \$55.00 for entire session

Come work out once, twice, or all three evenings for an optimal workout. Here is a great opportunity for you to start getting into shape and losing weight after the holidays. Start the new year with this great goal and end it with a success!



Registration fees are payable in advance upon registration. To participate in this class, please fill out the attached registration form and along with the fee for the class, (checks made out to Hayward Community Schools); please mail to Hayward Community Schools, Attn: Dawn Cox, P.O. Box 860, Hayward, WI. 54843 or drop it off at the Workforce Development Center. If you have any questions, please feel free to contact Dawn Cox at 715-634-2619 ext. 1666 or email to: communityeducation@hayward.12.wi.us.

Open Fitness Center

Name: _____ Grade: _____
 Address: _____ City: _____ Zip: _____
 Daytime Phone #: _____ Evening Phone #: _____
 Email Address: _____
 Signature: _____
 Signature of student, if age 18 or older, or signature of parent/guardian

Reminder: by signing you are participating, or allowing your child to participate, in this Community Education activity. You release Hayward Community School District, Community Education, and their employees from any liability due to injury and/or lost/misplaces personal items. You are enrolled unless you otherwise. Class fees are non-refundable unless the class is canceled. For additional information, please call 715-634-2619 ext. 1666