

High School & Adults

reBoot Class.... and....Power Play Class

Our Instructor for both classes is:

Keith Byard, a leader in group fitness training for over 20 years, teaching at Physique Rio, NYC Physique, Rio de Janeiro, Brazil, Sports Club LA, Reebok Sports Club in NYC and more. Byard's Boot Camp was once voted "Class of the Year" by Allure magazine. Keith has hosted MTV's Advanced Workout: Total Body Training with Keith Byard, a 90 minute award winning comprehensive training video. He has been featured in many fitness magazines, appeared on many television programs and was the personal trainer for many celebrity clients including Kelly Ripa, Mark Consuelos, Viveka A. Fox, Chris Noth and Lorraine Bracco. Keith has been actively involved as an assistant wrestling coach, fitness trainer and personal trainer in several local communities. Both *reBoot* & *Power Play* will be featured nationally by Keith at Perform Better Fitness Summits.

reBoot — (Second Session)

reBoot, which is based on Byard's Boot Camp, is a unique, comprehensive training program, incorporating core conditioning, flexibility, agility drills, cardiovascular exercise, interval training, circuit training, body weight resistance training and more. *reBoot* is designed to promote fat loss, increase body tone, improve motivation and help you train harder and smarter regardless of your fitness level or age. You don't have to be in shape.....you will start training at your level and increase intensity as you improve. The program has been designed to be suitable for everyone. Because each *reBoot* class is different, you will continue to see results. This co-ed class will be held 2 times a week.

DATES: Monday & Wednesday—5/20—7/10
TIME: 6:30—7:30pm
LOCATION: Central School Auxiliary Gym
LIMIT: 30
INSTRUCTOR: Keith Byard No Class on 5/27,29 6/17
FEE: \$85



Power Play — (Second Session)

Calling all male and female athletes and non-athletes: Power Play combines a cardiovascular workout through interval training with explosive movements through plyometric training. Enjoy a totally new concept of a hard core workout, utilizing medicine balls, plyometric boxes and your own body. Perfect for any athlete looking to do cross training in the off-season or for non-athletes looking for a challenge. *Power Play* will increase your speed, agility, balance, muscle endurance and power. This co-ed class will meet twice a week .

DATES: Monday & Wednesday—5/20—7/10
AGE: 8th Grade thru Adult
TIME: 7:30pm—8:30pm No Class on 5/27,29 6/17
LOCATION: Central School Auxiliary Gym
LIMIT: 30
INSTRUCTOR: Keith Byard
FEE: \$85

2013 reBoot & Power Play—Second Session

****Entire registration form must be completed and signed. Complete separate registration forms for each participant****

You may register online by going to: <https://register.communitypass.net/Branchburg>. Create your family account and enjoy quick, convenient and secure program registration via credit card. You may also register by mail by filling out this form and mailing it to 1077 Highway 202N, Branchburg 08876.

FAMILY INFORMATION

RESPONSIBLE PARENT/GUARDIAN (RPG) or ADULT PARTICIPANT

FULL NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ CELL PHONE: _____ WORK PHONE: _____

BIRTHDATE: _____ GENDER: _____

EMAIL: _____

PARTICIPANT INFORMATION (please complete even if same adult participant as above)

FULL NAME: _____

BIRTHDATE: _____ GENDER: _____ GRADE: _____ SHIRT SIZE: _____

RELATION TO RPG ABOVE: _____

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT PHONE: _____

EMERGENCY CONTACT RELATIONSHIP: _____

SPECIAL MEDICAL CONSIDERATIONS: _____

PROGRAM INFORMATION

PROGRAM NAME: _____

PROGRAM CODE: _____ PROGRAM SECTION: _____

PROGRAM NAME: _____

PROGRAM CODE: _____ PROGRAM SECTION: _____

WAIVER FOR PARTICIPANT AND/BY PARENT

In consideration of your accepting my or my child’s entry, I hereby, for myself, my child, our heirs, executors, and administrators, waive and release any and all rights and claims for damages I or my child may have against the Township of Branchburg, Branchburg Recreation Department and its representatives, officers, employees, agents, successors and assigns for any and all injuries suffered by myself or my child on any activity sponsored by these groups. I do hereby grant and give these groups the right to use my or my child’s photograph or image with or without my or my child’s name both single and in conjunction with other persons or objects for any and all purposes including, but not limited to private or public presentations, advertising, publicity and promotion relating ther eto. I warrant that I have the right to authorize the foregoing uses and do hereby agree to hold the Township of Branchburg harmless of and from any and all liability of whatever nature, which may arise out of result from such uses. For the consideration stated above, I further agree that in the event that my child repudiates or attempts to repudiate such release, I will personally indemnify and save harmless the Township of Branchburg, its successors and assigns, for any and all loss and damage occasioned thereby.

Parent’s Signatures: Signature(s) below represent(s) that he/she/they is/are parent(s) and has/have legal guardianship of the above mentioned child. If only one signature, he/she also represents that he/she is authorized to sign on behalf of the other parent.

PARTICIPANT SIGNATURE

DATE

PARENT SIGNATURE (IF UNDER 18 YEARS OF AGE)

DATE