

Woodstock Recreation Presents...



Instructor: Christina Vogt  
Thursday Evenings  
6:30-7:15 p.m.

**Classes at Woodstock Town Hall, lower level room 1  
May 9, 23, 30, June 13**

**AND**

**Classes held at WMS Music Room May 2, 16, and June 6, 20  
(8 Weeks total)**

Cost: \$64 (8 classes) or \$35 (4 classes)

Pre-Registration is preferred – Drop-In Rate \$10 per class

---

HIITS is High Intensity Interval Training. Test your limit with this fast-paced class! Over 45 minutes we will work sets followed by active rest. We will use our body weight to work every muscle group and our cardiovascular fitness. Please bring a mat or towel and a water bottle.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**E-mail Address:** \_\_\_\_\_

**Emergency Contact/ Phone:** \_\_\_\_\_

**Disclaimer:** I, \_\_\_\_\_ will not hold the Woodstock Recreation Commission, including its representatives of the Town of Woodstock, nor the Town of Woodstock, including its representatives, liable for any injury sustained by me or our/my child while participating in the Adult Boot Camp Fitness Program sponsored by the Woodstock Recreation Commission.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

---

Make check payable to "Woodstock Recreation" and submit with this registration form to Woodstock Recreation Department, 415 Route 169, Woodstock, CT 06281. **No Refunds.** For more information email Crystal Adams at [recreationdirector@woodstockct.gov](mailto:recreationdirector@woodstockct.gov) or call 860-928-6595 ext. 332.

---

PAID: Cash \_\_\_\_\_ Check \_\_\_\_\_ Check Number \_\_\_\_\_