



Holiday **SHRED DOWN** *with Nadia*

We know this time of year can be a stressful and hectic. Embrace the holidays this year with themed group workouts to help you stay motivated and on track, all while having holiday FUN!

SNEAK PEEK INTO THE WORKOUTS:

Trick or Treat (draw your exercises), Costumes & Kickboxing, Thighs & Pies, Ugly Christmas Sweater/Attire, 5K Golden Ring Ruck, and The Nutcracker Circuit

OCTOBER 26 - DECEMBER 21 | TUES/THURS | 6:30 - 7:15 PM

\$192.00 (16 sessions, plus 1 bonus home workout)

ICON Sports Center (2nd floor Fitness Performance Enhancement room)

The 3 Rules...

1. If you miss a session, you must complete 10 burpees w/push-up and send a video to me or complete the burpees with me at the beginning of the next session.
2. If there is any talk or mention of decorating/shopping, then everyone yells as loudly as possible "WELL FROST MY COOKIES!"
3. The "no whining because of Santa's all-knowing" rule. If there's any whining, complaining, groaning, etc. then everyone must immediately do a star jack.



Holiday SHRED DOWN with Nadia



October 26 - December 21, 2021

Registration Deadline: October 26th (Day of first class)

***Registrations received after Oct. 26 will be prorated for remaining classes **Walk-ins require instructor approval.**

We know this time of year can be a stressful and hectic. Embrace the holidays this year with them group workouts to help you stay motivated and on track, all while having holiday FUN!

Sneak peek into the workouts:

- Trick or Treat (draw your exercises)
- Costumes & Kickboxing
- Thighs & Pies (Homemade pumpkin pie to end the class with a sweet treat)
- Ugly Christmas Sweater Attire
- 5K Golden Ring Ruck
- The Nutcracker Circuit

The 3 Rules:

1. If you miss a session you must complete 10 burpees w/push-up and send a video to me or complete the burpees with me at the beginning of the next session.
2. If there is any talk or mention of decorating/shopping then everyone yells as loudly as possible "WELL FROST MY COOKIES!"
3. The "no whining or groaning cause Santa's all-knowing" rule. If there's any whining, complaining, groaning, etc. then everyone must immediately do a star jack.

Days	Dates	Time	Location
TUES/THURS	Oct. 26, 28, Nov. 2, 4, 9, 11, 16, 18, 23, 25 (video), 30, Dec. 2, 7, 9, 14, 16, & 21	6:30 - 7:15 pm	ICON Sports Center (2nd floor)

Class Fee: \$192.00 for (16) 45-minute sessions, w/1 bonus at home workout

Instructor: Nadia Morneau

FITNESS PARTICIPATION POLICY:

As much as we would like to offer all of our "Group Training" classes regardless of the number of participants, it is not cost effective for us to do so. Class pricing is determined by a **minimum** number of participants **registered and paid in full prior to the session start date**. If a session is underway and a member has received permission from the trainer to do a walk-in class (only if there is room) they may pay the walk-in fee. **NO REFUNDS OR MAKE UPS.**

HOLIDAY SHRED DOWN REGISTRATION FORM | October 26 - December 21

Name: _____
Address: _____

Phone: _____
City/St/Zip: _____
Email: _____

I hereby acknowledge my health to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained while attending this program. I also understand that any medical bills that I incur due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Signature: _____ Date: _____ (Must sign before participating in program)

SESSION DATES: October 26 - December 21, 2021

REGISTRATION DEADLINE: October 26th

(Registrations accepted after Oct 26 will be prorated)

DAY: Tuesdays & Thursdays

TIME: 6:30 - 7:15 pm

LOCATION: ICON Sports Center (2nd floor Performance Enhancement room)

**PLEASE CHECK CHOICE HEALTH & FITNESS
MEMBER or NON-MEMBER**

____ Member \$192.00
____ Non-Member \$217