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Reg. Deadline Jan. 28th	Dates for Aerobics/Cardio Training Class
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Wed

OR

Fri2/62/132/273/53/123/193/264/24/164/232/82/152/293/73/213/284/44/184/255/2

## **AFTER SCHOOL AEROBICS/ CARDIO TRAINING CLASS**

Want to have some fun exercising? Come join Erica once a week for a fun filled hour of exercise and dance. In this class we will take common everyday exercise moves, add music, break a sweat and have fun while doing it! We will combine yoga, dance, art and exercise to create a workout that is not only effective but fun to get through! Erica has taught this class at the East Palo Alto YMCA for over a year and is now looking forward to opening it up to Keys Students.

**Class Size:** 6-12      **Grades:** K-4

**Where:** In Fellowship Hall

**What to Wear:** T-shirt, athletic pants, tennis shoes

**NOTE:** Erica will only be offering this class once a week. However, she would like to see which day of the week is most convenient for people. So, she will either offer it Wednesdays or Fridays. When registering please choose your preference. She will commit to the most popular day.

**Wednesdays 3:30 – 4:30 pm  
OR**

# Fridays 3:30-4:40 pm (Feb through April)

**Keys Dance Club:** Wednesdays or Fridays 3:30-4:30 pm (please circle your preferred day of the week) Depending on day of week: **February 6 – April 23, 2008 or February 8 – May 2, 2008**

**Registration Deadline: January 28th**                      Cost of Class: \$120 Total for all 10 classes

Student Name \_\_\_\_\_ Grade \_\_\_\_\_  
Age \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_ Email: \_\_\_\_\_

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

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

I hereby grant permission for my child to participate in the Aerobics/Cardio Class at Keys School. (I understand that when this application is accepted, refunds will only be issued if the program is cancelled. I recognize if the minimum enrollment of 8 students is not met, I will be issued a full refund.)

Parent/Guardian signature: \_\_\_\_\_

**Please make checks payable to:  
Erica Lindley**

Drop in the office along with the filled out registration slip below. Thank You!  
**FEE: \$120 (materials use fee)      Registration Deadline: January 28th**