



Intramural Fitness

Permission Form for Resistance Training and Fitness

I give permission for my son/daughter to learn the fundamentals of Resistance Training and Fitness. Participants will learn the proper techniques of basic lifts, form, aerobics and dietary habits of a healthy lifestyle. This is an introduction class only! If you are training consistently now this class is probably not for you.

Not required but helpful are flat sneakers

Example: Basketball or Tennis shoes

Training gloves

NO Jeans! You will not be allowed to participate

Dates: February 1 the first day

Monday, Tuesday, Wednesday, Thursday (Days could change due to school Schedule)

Time: 7:15am – 8:00am (be here by 7:10)

PARENT SIGNATURE_____

By signing this form I will abide by all safety rules and directions given by my instructors. Safety in the gym is critical. Dismissal is immediate if rules are not followed.

STUDENT SIGNATURE_____