

THE REC Willard Parks

It's never too early to start...
to do something strong!

Classes Meet:
Mon, Tues, & Thur
5:30 a.m.

*Lockers & Showers are
FREE and on site!*



Meet the Instructor

I am a veteran of the morning workout class at the Willard rec center and will now be taking over as the instructor. My husband Jason and I have been married 19 years and we have two great sons and one daughter in law. Our oldest Christian and wife Brittany live in TX and our youngest Garrett is a Junior at Willard HS. We enjoy sports, outdoor activities and traveling.



Do Something STRONG!
Any Age or Skill Level is Welcome!

Cardio Blast

Name: _____

Date of Birth: _____

Phone: _____

Email: _____

Address: _____

Shirt Size: YS YM YL AS AM AL AXL AXXL

In case of emergency, if family physician cannot be reached, I hereby authorize the treatment of myself or my child by Emergency Personnel (i.e. EMT, First Responder, ER Physician)

Emergency Contact

Name: _____

Phone: _____

I agree to hold the City of Willard, Willard Parks & Recreation, all employees or instructors, and the Willard Park Board harmless for any injury or damage to myself as a result of my participation. I also understand that my name and photo may be used for media purposes.

Participant Name _____ Date: _____

Signature (guardian sign if participant under 18)

COST

Resident

- \$5 Per (Drop in's)
- \$40 for 9 class punch card
- \$50 for 12 class punch card
- \$75 for 18 class punch card

Non-Resident

- \$7 Per (Drop in's)
- \$56 for 9 class punch card
- \$70 for 12 class punch card
- \$105 for 18 class punch card

For more information, contact us at (417) 742-2262 or visit us at www.willardparks.com

