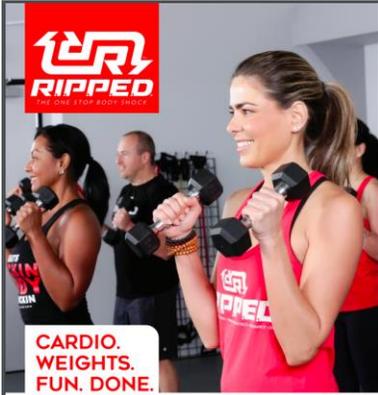




R.I.P.P.E.D. is a high energy workout that masterfully combines an easy, yet effective cardiovascular routine interlaced with weights and resistance. It's fun, Created for all fitness levels and will produce results you are looking for.

Instructor: Jennifer Graber



Where: KES Gym

Time: Monday, Wednesday, Friday

5:00-6:00 a.m.

Dates: November 1-19: 3 weeks

Check it out at www.rippedplanet.com! Please bring light dumbbells (5-10 lbs.), yoga mat, a water bottle, and towel.

Fee: \$35 per 3-week session, \$5 for Drop-ins

NAME: _____ e-mail: _____

ADDRESS: _____ PHONE: _____

Waiver Statement: The undersigned states that he/she understands that the KRC is not and shall not be responsible for or liable for any illness, injury to person or damage to property resulting from the program in which the undersigned is enrolling or from his/her participating in said program and the undersigned hereby forever releases and holds harmless the said KRC from any and all claims of any kind that the undersigned or his/her heirs, executors, administrators or assigns may have or claim to have resulting in any way from his/her participation in said program.

I have read and understand the waiver statement and give permission for participants named above to participate in the KRC program stated above. Signature: _____

*KRC reserves the right to take photos/videos of our programs/participants for use as promotion/advertisement. If you have concerns, please speak with the Director personally. PHONE: (620) 532-2761 EMAIL: kingmanrec@att.net WEB: www.knrec.org

Resistance
Sculpt long lean muscles that will define, strengthen, and chisel your physique.

Intervals
Use alternating movements with short, fast bursts followed by slow, intense activity to increase endurance and overall conditioning.

Power
Target large muscle groups with explosive movements to quickly strengthen your body while optimizing the fat burning process.

Plyometrics
Develop advanced athletic conditioning techniques for speed, quickness, explosive power, agility, acceleration, coordination, and balance.

Endurance
Burn fat fast with fun Mixed Martial Arts combinations that will challenge and push you to your limits.

Diet & Nutrition
Get guaranteed results with customized diet plans, lifestyle menus, healthy recipes, food logging