

# JOIN US FOR “AFTERNOON WORKOUTS”

**Starting November 6, 2025**

**Instructor: Kailyn Hannah**

Stay active and have fun in a supportive environment!

This class will focus on  
healthy aging and functional fitness.



**WHEN: Thursdays 2:00 - 2:45 pm**

**FEE: \$35.00 per month / \$10.00 drop in**

**WHERE: Class held at KRC building/131 West A Ave. /// Register at KRC Office**

**Questions: Contact Kailyn at 901-518-4337 or [kailynhannahfitness@gmail.com](mailto:kailynhannahfitness@gmail.com)**

NAME: \_\_\_\_\_  
PHONE: \_\_\_\_\_ Email: \_\_\_\_\_  
MEDICAL INFO: \_\_\_\_\_

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:** [knrec.office@gmail.com](mailto:knrec.office@gmail.com) **WEB:** [www.knrec.org](http://www.knrec.org) #1