

COMING AUGUST

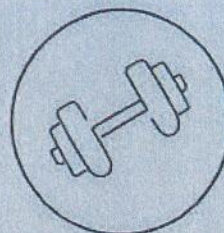
2025!

PERSONAL

TRAINING

AVAILABLE @

KRC
KINGMAN RECREATION COMMISSION



**BREAKTHROUGH
FITNESS**

WITH KAILYN HANNAH

SESSIONS BEGIN: AUGUST 5, 2025

FEE: \$35.00 per session (Ask about multi session package discounts)

1 Hour Sessions on Tuesdays and Thursdays from 1 - 4 pm (More time slots will be added as needed)

Sessions Include: —Personal Fitness Assessment
 —1 Hour of in Person Individualized Fitness Instruction
 —Online Support
 —Weekly Fitness Plan

All Classes held at KRC building/131 West A Ave. /// Register at KRC Office

Questions: Contact Kailyn at 901-518-4337 or 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 WEB: www.knrec.org** #1