

# REGISTRATION FORM

Payment to: Franklin County Cooperative Extension  
101 Lakeview Court, Frankfort, KY 40601

For information call (502) 695-9035  
or email [tamera.thomas@uky.edu](mailto:tamera.thomas@uky.edu)

Registration should be mailed to the Extension Office to secure your spot in the class! Registrations will also be accepted the day of the class, so come a little early to get registered.

NAME \_\_\_\_\_

PHONE # \_\_\_\_\_

MAILING ADDRESS

\_\_\_\_\_  
\_\_\_\_\_

EMAIL ADDRESS

\_\_\_\_\_

**PAYMENT ENCLOSED** (Cash, Check or Money Order payable to FCES)

\$40.00     Check     Cash     Money Order

**Notes:**



# LET'S

# GET



# PHYSICAL

With Shellie

(For both Men and Women)

Session 1: July 27, 29, 31

August 3, 5, 7, 10, 12, 14, 17, 19, 21

5:30 p.m.—6:30 p.m.





## What's it all about?

The class is a combination of strength training and cardio intervals as well as healthy eating tips to help participants build muscle tone and lose weight. The class is formatted so that most of the exercises can be adjusted to each individual's fitness level.

## Your Instructor-

**Shellie Wingate** is a former dancer and dance instructor where she developed her interest in health and fitness. Shellie earned her degree in dietetics from the University of Kentucky and worked in nutri-



tion and metabolic research for five years. She is a nationally certified personal trainer and is certified as a youth fitness specialist. She has assisted in coaching cross country to elementary and middle school-aged children and currently teaches fitness boot camps and provides private fitness coaching.

## What You Need to Bring-

- Mat
- A pair of dumbbells (3 lbs., 5 lbs., 8 lbs., or 10 lbs. depending on participant's fitness level)
- Towel
- Water bottle
- Wear loose and/or stretchy, comfortable clothing
- Running shoes (or shoes with good impact absorbency)

## Physical Limitations-

While each participant is allowed and encouraged to take a rest period from exercises if needed, many of the exercises performed are strenuous and incur high impact on joints. If a participant has an illness that affects the mobility of joints and/or muscles or has an injury that affects mobility of a joint or muscle, the participant may not be able to perform some of these exercises.



## When, Where and How-

The class will be held at the Franklin County Extension Office, 101 Lakeview Court, (502) 695-9035. Each class will be held in meeting rooms E/F. The entrance to the room is at the far left end of the building on the upper parking level. Class will begin each night promptly at 5:30 p.m. and run for approximately one hour. There is a fee of \$40 for the sixteen classes payable to FCES. The registration sheet is on the reverse side of this page. Send it with your payment to the Franklin County Extension Office. Payment must accompany your registration to hold a spot in the class.



*\*Check with your physician before you take this class.*