

San Mateo Parks and Recreation Department – Fitness Program

FREE FITNESS CLASS COUPON

*Use coupon to try one of our Fitness classes that you have not tried before.
Make San Mateo Fitness classes part of your daily routine.*

- Cardio classes
- Strength classes
- Zumba classes
- Yoga, Pilates
- Tai Chi
- Total Body



...and all Fitness classes are held via Zoom. Activity Guide online: <https://www.cityofsanmateo.org/1430/Activity-Guide>

Benefits in joining the Recreation Fitness Program:

- Affordable prices
- Highly skilled, dedicated instructors
- Held safely via Zoom in the comfort of your home
- Invigorating, fun workout

How to use the Free Fitness class coupon:

1. Request Free Class coupon from ksnow@cityofsanmateo.org or mchesney@cityofsanmateo.org.
2. Sign and return the Free class coupon to ksnow@cityofsanmateo.org or mchesney@cityofsanmateo.org
3. We will inform instructor to expect a guest student.
4. We will send you a Zoom link for the class (only good for the one class visit).
5. Limit 1 visit per fitness idiom. **Please allow 2 business days to process.**

NAME	
EMAIL	
PHONE	
CLASS/DATE/TIME	

WAIVER OF LIABILITY & PHOTO RELEASE: In consideration of participation in the City of San Mateo recreation program described above (the "Activity"), I the undersigned for myself and/or as the parent/guardian of the Minor named above, agree to indemnify and hold the City of San Mateo, it's elected and appointed officials, employees, and agents (the "City") harmless and hereby waive, release and discharge any and all claims for damage, for death, personal injury, bodily injury or property damage which I and/or the Minor may have or which hereinafter may accrue to me and/or the Minor against the City from and against any liability arising out of or connected in any way with my and/or the Minor's participation in this Activity, even though that liability may arise out of negligence or carelessness on the part of the person or entities mentioned above. I understand that accidents and injuries can arise from participation in this class or activity; knowing the risks, nevertheless, I hereby agree to assume those risks on behalf of me and/or the above named Minor and to release and to hold harmless all of the persons or entities mentioned above whom (though negligence or carelessness) might otherwise be liable to me and/or the above named Minor (or my/our heirs or assignees) for damages. It is further understood and agreed that this waiver, release and assumption or risks has been freely entered into and is to be binding on my/our heirs and assigns. I have read and agree to the registration and program policies. Further, I agree to allow use of my image and/or that of the named minor, which may be captured through video, photo, digital camera or other media, for City of San Mateo promotional materials and publications. By my signature, I acknowledge that I have read this document and understand its contents.

Check the appropriate space(es)	<input type="checkbox"/> Participant over 18 <input type="checkbox"/> Parent <input type="checkbox"/> Legal Guardian
Signature	
Date	

For more information call (650) 522-7440
If you want a copy of our most recent class schedules, please check online at
www.cityofsanmateo.org/634/Adult-Fitness