



Summer schedule:

Subject to Change

\$10.00 per instructional class

\$6.00 per fitness class

*Or NEW family membership:

\$150.00 per mo unlimited classes*

Tuesdays:

5:00-6:00 pm—Zumba

5:30-7:30 pm—Hip Hop for 14 yrs through adult

6:00-8:00 pm—Cheer 4-14 yrs

7:30-9:00 pm—Hip Hop 4-14 yrs

8:00-9:00 pm—Karate 4-12 yrs

Wednesdays:

5:00-6:00 pm—Zumba

6:00-7:00 pm—Zumba

6:00-9:00 pm—Cheer 14-25 yrs

Thursdays:

5:30-6:30 pm—P90X & Flexibility

6:30-7:30 pm—Zumba

Sunday:

6:00-7:00 pm—Beginning Tumbling 4-14 yrs

7:00-8:00 pm—Beginner Tumbling 14-25 yrs

8:00-9:00 pm—Intermediate & Advanced Tumbling 12-25 yrs



REGISTRATION AND WAIVER



Power Athletics and Training
5996 East Molloy Rd
Mattydale, NY 13211
www.powersunitethefury.com
info@powersunitethefury.com
560-FURY (3879)

CHEER **HIP HOP** **TUMBLING**
Cheer, Hip Hop, & Tumbling Classes:
\$10.00 per hour class
ZUMBA **FITNESS**
Zumba & Fitness classes:
\$6.00 per hour class
STAR **POGOX**
Cheer and Hip Hop camps:
\$30.00 per 8 hour day
Visit our website
for updated schedules!
www.powersunitethefury.com
560-FURY (3879)
info@powersunitethefury.com
5996 E. Molloy Rd, Mattydale

INSTRUCTIONAL:

About us:

We teach young athletes to be self confident, do their best, and have fun! Training classes are \$10.00 each taught by certified instructors in a safe state of the art facility.

Take your skills to a whole new level. Powers provides complete instructional class programs for cheerleading, tumbling, karate and dance instruction as well as competitive teams for all ages and levels of ability. Our goal is to develop the athleticism and character in young people, produce outstanding cheerleaders and dancers while keeping a balance of fun and discipline.



We offer lessons for children & adults from professional instructors & choreographers. Cheer classes offered for beginners thru advanced level techniques both recreationally & competitively. Whether students are interested

cheerleading as a hobby or as a career, our staff is dedicated to provide proper training and encourage students to discover the excitement of cheerleading & dance.

"Learn to move your body to the freshest Hip Hop dance moves and discover how to dance with style."
Both recreational, instructional classes and competitive dance crews are available.

Floor and cheer tumbling for all ages and abilities Learn the basics of a forward roll, cartwheel, round-off, walkovers, and advance to back handsprings, tucks, fulls, and double fulls. Drills and Progressive training is utilized.

Karate instruction provided that will start with beginners and advance through safe and educational progression.

FITNESS:

We offer a wide array of fitness classes for all ages led by professional and certified fitness instructors. Fitness for all ages is available.

Classes include Zumba, Flexibility, Yoga, P90X sampler and more. Classes are added weekly depending on interest. If you don't see it, refer it to us and we will add it with enough interest.

Check back often for new schedules of classes!



Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system.

ZUMBA combines low-impact, high energy dances movements, with intervals of fast and slow rhythms. Depending upon your level of intensity, you'll burn between 300-1000 calories per class! The dances are repetitive and very easy to follow, so everyone can do them. Just remember to keep moving and most importantly to have fun!

P90X® is a revolutionary system of 12 sweat-inducing, muscle-pumping workouts, designed to transform your body from regular to ripped.



The secret behind the P90X system is an advanced training technique called Muscle Confusion, which accelerates the results process by constantly introducing new moves and routines so your body never plateaus, and you never get bored!

The class will sample from the following:
01 Chest & Back, 02 Plyometrics, 03 Shoulder & Arms, 04 Yoga X, 05 Legs & Back, 06 Kenpo X, 07 X Stretch, 08 Core Synergistics, 09 Chest, Shoulders & Triceps, 10 Back & Biceps, 11 Cardio X, and 12 Ab Ripper X

REGISTRATION AND WAIVER

NAME

ADDRESS

PHONE NUMBERS

E-MAIL ADDRESS

PARENT'S NAME IF UNDER 18 YEARS

CLASSES ENROLLING IN

Please make checks payable to Powers
Check Pd: \$ _____ Cash Pd: \$ _____

I, the undersigned Parent/Guardian do hereby give consent my son/daughter/self to participate in training and activities provided by POWERS UNITE-THE FURY. In the event an emergency contact cannot be reached, I give permission for my child/myself to be treated in the event of an injury or illness that requires emergency care. I certify I am physical able to take these classes without restrictions per my family doctor. I am fully aware of the nature of the activities involved and the possibility of injuries and/or death, which may arise from such activities. In case of illness, injury and/or death that may arise directly or indirectly as a result of participation and/or travel to or from the activity or training, I do hereby grant my permission to the POWERS UNITE-THE FURY organization to seek immediate treatment for my child/myself should he/she/I be injured. I hereby release the POWERS UNITE-THE FURY organization, including its officers, shareholders, agents, coaches and employees from any liability to the above named participant, or any person claiming through him/her, arising from injury to the person or property of the above-named participant. This release includes any claims of negligence, and is intended to be as broad as permissible under New York law. In the event of any activities that are locally or nationally televised, I give the POWERS UNITE-THE FURY the right and permission to film, photograph, or videotape my son/daughter for any reproductions associated or in any way connected with said televised events, in particular, for use in any promotional purpose or website photographs

Signature of Self or Parent if under 18 years old

All instructional classes are \$10.00 per class with an annual registration fee of \$25.00.

All Fitness Classes are \$6.00 per class/no registration fee.

NEW Family/household membership: \$150.00 per month due on the 1st of the month for unlimited classes. \$50.00 annual registration fee and restrictions apply. Inquire within. (Fee covers all tuition but does not cover apparel, competition fees, etc.)

WALK INS WELCOME!!!!