

# 2017 Jan/Feb Strong & Stable

**Program:** We focus on increasing our cardio and our strength. But, what we often forget about is our flexibility! Stretching and flexing creates better range of motion, better balance. Staying limber offsets age related stiffness, develops and maintains muscle, prevents and treats injuries; ultimately, improves our quality of life. This class will focus on flexibility core strength and developmental stretching. Perfect for all levels and all abilities. Instructor will modify as needed, chairs available for use!

**When:** Tuesdays & Thursdays // 8:15-9:15 am  
January 5 – February 28, 2016

**Where:** Watertown Senior & Community Center – Fitness Center – Lower Level

**Fees:** \$28/city residents OR \$42/non-city resident \$4/drop in  
Senior Center Member

**Special Needs:** The department will make every effort to comply with the regulations associated with the American's with Disabilities Act (ADA). In the space provided, list any special needs that the participant may have that would benefit his/her participation in this program. The department will attempt to accommodate these needs and will contact you to discuss participation.  
**Participant should communicate any special needs with their instructor.**

Watertown Parks & Recreation Department

## 2017 Jan/Feb Strong & Stable

Name \_\_\_\_\_ Age \_\_\_\_\_ M or F  
Address \_\_\_\_\_ City \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

List any special needs or medical conditions this participant has \_\_\_\_\_

I understand the inherent risk of injury in participation in this sports program and verify that I am medically fit to participate. I give my permission to the supervisors of this program to take the proper steps in case I am in need of emergency medical attention. I also release the sponsoring groups and their agents from any and all claims arising from my participation in this activity.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

Fee Paid: \$28/cr or member \$42/ncr \$4/drop in

Senior Fitness