

2018 Senior Fitness

Session 3

Program: This class has a bit of everything to keep you fit and healthy and keep those “twinges in the hinges” at bay!!! Light weight lifting for great strength and toning, cardio movements to get that heart pumping and good old fashioned calisthenics for great muscles. Don’t forget the excellent range of motion and flexibility plus the social benefits of interacting with friends! Hope you can join us!

Dates: Mondays & Wednesdays, May 7-July 11, 2018 (omit May 14, 28 and June 11) (16 sessions)

Times: 9:10-10:10 am

Location: Watertown Senior & Community Center – Fitness Center – Lower Level

Fees: \$32.00/city residents OR \$48.00/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
2018 Senior Fitness Session 3
M/W, May 7-July 2, 2018 (omit May 28)

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: \$32.00/cr or member \$48.00/ncr \$4/drop in

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