

# Winter 2012 Body Works!

Take the challenge!! Work that Body

Class includes a cardio mix (something different each time!),  
H.A.B.I.T (Hips, Abs, Buns, Inner Thighs ... need we say more?)  
Weights to build strength, moves to build and define muscle tone

Fire up that metabolism!

And, of course, Have A BLAST doing it!!

When: Jan 12 - Mar 1, 2012// Thursdays: 5-6pm

Fees: \$20 city residents \$30 non-city residents

Where: Classes are held in the lower level of

The Watertown Senior and Community Center



*The department will make every effort to comply with the regulations associated with the Americans with Disabilities Act (ADA). In the space provided below, please list any special needs that you may have that would benefit your participation in this program. The department will attempt to accommodate these needs and will contact you to discuss your participation.*

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## 2012 Winter Body Works

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Email Address: \_\_\_\_\_

List any special needs \_\_\_\_\_

I understand the inherent risk of injury involved 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 \_\_\_\_\_ Date \_\_\_\_\_

Minimum of 10 students needed to hold this class

FEE: \$20 city resident \$30 non city resident