

Early Bird Fitness Summer 2011!

Rise and Shine!! Fire up that metabolism as you get ready to take on the day!

Class includes a cardio mix for your heart, yoga and pilates for balance and core, weights for tone and sculpt good times! Great results!

When: June 14 - July 28, 2011 // Tues/Thur 5:45-6:30am

Fees: \$42 city residents \$63 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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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 is needed to hold this class

FEE: \$32 city resident \$48 non city resident

