

FIT FOR LIFE

Get ready – Get set – GO!!

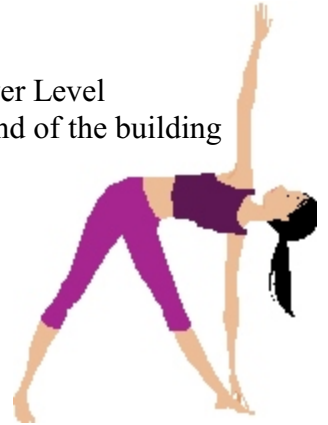
Let’s move that body! Tone up the entire body with a combination of aerobic movement, good old fashioned calisthenics, weight work, a little bit of martial arts and a whole lot of fun! You will burn mega calories in just one hour and love coming to class!!! Amaze yourself at what you can do!

WHERE: Watertown Senior & Community Center // Lower Level
Use lower level entrance located at the North End of the building

WHEN: Oct 6 – Dec 17, 2009 (omit Nov 24, 26)

TIME: Tuesdays and Thursdays
5:00 – 6:00 pm

FEE: \$50 city residents \$75 non-city residents



SPECIAL NEEDS: 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 a 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.

Fall 2009 Fit for Life

Name _____

Address _____ Phone _____

List any special needs this participant has: _____

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

Signature _____ Date: _____

Fee: \$50 cr \$75ncr

A minimum of 10 students is necessary to conduct this class