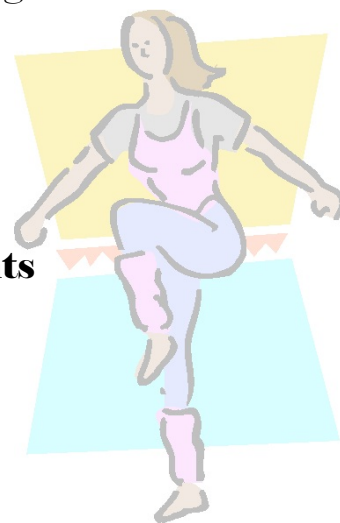


# FAB Bodies

**We all have fabulous bodies – this class helps you make the best of what you got!**

**Work on Flexibility, Abdominals and the back of your front, the Buttocks! This class includes the use of light weights.**

**You can challenge your fabulous body and make it even more FAB!!!**



**When: Sept 15 - Nov 3, 2010 // Wed: 5-6PM**

**Fees: \$25 city residents \$37.50 non-city residents**

**Classes are held in the lower level of The Watertown Senior and Community Center**

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## Fall 2010 FAB Bodies

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

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: \$25 city resident \$37.50 non city resident