

# Jan. 2012 Senior Fitness

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! Sandy O’Gorman is our instructor.

**When:** Jan. 9 through Feb. 29, 2012  
Monday // Wednesday mornings  
9:15 to 10:15 am



**Where:** Watertown Senior and Community Center  
Fitness Center in Lower Level

**Fees:** (2 days/wk, 16 classes) \$26/city residents \$39/non-city residents  
\$3/class drop-in

**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.

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## January 2012 Senior Fitness



Name \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

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

Special needs this participant has: \_\_\_\_\_

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: \_\_\_\_\_

Fees: \$26/cr (2 days/wk) \$39/ncr (2 days/wk) \$3/drop in

