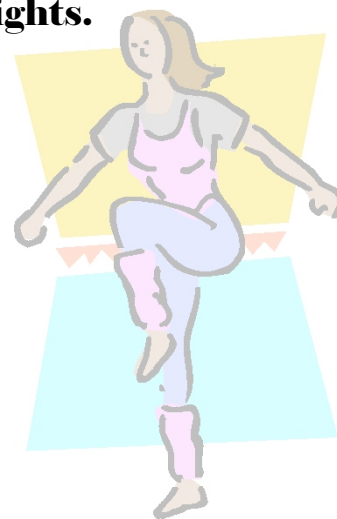


JANUARY 2011

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: Jan 5 - Feb 23 // Wed: 5-6PM

Fees: \$32 city residents \$48 non-city residents

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

January 2011 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: \$32 city resident \$48 non city resident