

May 2011 Pilates

Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance, sculpt the body and strengthen the “core” or “powerhouse.” The instructor will guide students through a series of movements that will assist in strengthening the abs, back and make you feel good in the process!

WHERE: Watertown Senior & Community Center // Fitness Center

WHEN: May 4 - June 8, 2011

TIME: Wednesdays // 6:00 - 7:00 pm

WHAT TO BRING: Students need a mat & dress comfortably

FEE: \$24 city residents \$36 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.

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Name _____

Address _____ Phone _____

Email Address: _____

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: \$24 cr \$36 ncr
Minimum of 10 students is necessary to hold this class