Watertown Park and Recreation Department

SPRING 2011 FIT FOR LIFE

This fitness class mixes traditional calisthenics and body weight exercises
with interval training and strength training.

Get fast results with lots of
support from your instructor and your fellow students!

Motivate you towards an active summer and beyond keeping you

FIT FOR LIFE!!!!!

When: March 9-April 27 // Wed: 5-6PM

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

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

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 that you may have that would benefit your participation in this program. The department will attempt to accommodate these needs and will contact you to discuss your participation.

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Spring 2011 FIT FOR LIFE

Name_____ Phone_____

Address_____

Email 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