

# 2019 Senior Fitness

**Program:** 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! Taught by Sarah Zarling & Stephanie Curtis.

**Dates:** Mondays & Wednesdays, November 4-December 30, 2019 (omit Nov. 27 & Dec. 25)  
(15 sessions)

**Times:** 9:00-10:00 am

**Location:** Watertown Senior & Community Center – Fitness Center – Lower Level

**Fees:** \$30.00/city residents OR \$45.00/non-city resident \$4/drop in  
Senior Center Member



**Register Online:** <https://watertownwi.recdesk.com/community>

**Special Needs:** The department will make every effort to comply with the regulations associated with the American’s with Disabilities Act (ADA). In the space provided, list any special needs that the 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.  
**Participant should communicate any special needs with their instructor.**

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Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_ M or F  
Address \_\_\_\_\_ City \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

List any special needs or medical conditions this participant has \_\_\_\_\_

I understand the inherent risk of injury 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 of Participant \_\_\_\_\_ Date \_\_\_\_\_

Fee Paid: \$30.00/cr or member \$45.00/ncr \$4/drop in

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