



THIGHS, BUTTS & GUTS!

NOVEMBER/DECEMBER 2010



NAME _____ ADDRESS _____

HOME PHONE () _____ - _____ WORK/CELL PHONE () _____ - _____

Lack of Exercise, Age, Poor Diet and Stress cause our muscles to become lax and give the “pot bellied” appearance, increasing back issues and overall lack of energy. **Strengthening your abdominal muscles, opposing muscles and legs properly will improve posture thus less back problems.** Add this class to your regular aerobic workout and take your fitness level to newer heights! Class is fun, upbeat, educational and most of all SAFE. Bring water and a mat

Class Information:

- WHERE: Senior Citizen Room (downstairs)
- SESSION DATES: NOVEMBER 8, 2010 – DECEMBER 13, 2010
- CLASS DATES NOV. 8, 10, 15, 17, 22 & 28 - NO CLASS NOV. 24
DEC. 1, 5, 8, & 13 - NO CLASS DEC.15 – JAN 2011
- DAYS: Monday's and Wednesday's
- TIME: 5:45 p.m. – 6:30 p.m.
- FEES: Resident Member: \$25.00 Resident Non-Member: \$ 31.25
Non-Resident Member: \$31.25 Non-Resident/Non-Member: \$37.50

MAKE ALL CHECKS OUT TO BARB EVANS

I/We the undersigned, do agree to assume all risks and hazards while participating in this program, including transportation to and from the program; agree that neither the City of Brook Park, the Recreation Department nor the staff member/instructor connected with the program will in any way be held responsible or liable for any injuries or medical expenses that may occur.

Participants Signature

Date

Date _____ Paid \$25.00 \$31.25 \$37.50 Cash Check # _____