

BODY SCULPTING FALL SESSIONS II 2011

November 01-December 20 TUESDAY 8 weeks 9-10:00 am \$40
November 03-December 22 THURSDAY 7 weeks 9-10:00 am \$35



Come and join the fun in a small class led by Lynn Stanwood CPT

Life long sports and training enthusiast. This program focuses on individual training in a small group setting. Considerations for all levels noting personal strengths and limitations for an informational and effective **Total Body Workout!**

PLACE: Durham Activity Center 350 Main Street, 2nd Floor, Durham, CT

Sponsored by Durham Recreation 860-343-6724

MAIL Registration to: Durham Recreation, PO Box 428, Durham CT 06422

OR

REGISTER at the Town Clerks Office at the Durham Town Hall

Monday, Wednesday, Thursday, Friday, 8:30 am-4:30 pm

Tuesday 8:30 am-7:00 pm

Name _____ **Cell#** _____

Address _____ **Home#** _____

PLEASE CHECK CLASS: TUESDAY CLASS _____ THURSDAY CLASS _____

Check # _____ **Amount** _____

E-Mail _____

EMERGENCY CONTACT _____

PHONE# _____

Please list any medical problems, including allergies or medications:

I hereby give permission for the above person to participate in the Durham Recreation Adult Exercise Program. Sponsored by the Durham Recreation Department. I certify that he/she/I is in good health. I have listed above any allergies, conditions and or medications that the program personnel should be aware. I further authorize the Durham Recreation Staff to act for me according to their best judgment in any emergency requiring medical attention in the event that I cannot. In case of injury I understand that I am responsible for all financial liabilities.

Signature _____ **Date** _____