

# **Boonton Parks and Recreation**

*presents*

## *Adult Exercise Program Winter/Spring 2010*



***All exercise levels welcome***

***Please join our wonderful instructor Alan to get in shape and have fun! It's a great workout.***

**Tuesday and Thursday evenings**

**6:30PM – 7:15PM**

**class begins January 5<sup>th</sup> – June 24<sup>th</sup>**

**Boonton Recreation Center, 1210 Cedar Street**

**\$80/person**

**(Checks payable to Boonton Parks and Recreation)**

**Registration available at class or Pre-Register**

**Mail to:**

**Boonton Parks and Recreation, 100 Washington St.,**

**Boonton, NJ 07005**

**Questions? Call (973) 263-2110**

**\*\*\*Please bring a mat or towel Hand weights optional\*\*\***

**Boonton Parks and Recreation Adult Exercise Program- Winter/Spring 2010**

I am covered by appropriate Medical/Accident Insurance and I accept full responsibility for any injury that might occur during this program. I will not hold the Boonton Recreation Committee or any of their employees responsible for any accidents or injuries which may occur in the course of, prior to the start of, or after the facilitation of the above program.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number(\_\_\_\_\_) \_\_\_\_\_ E-Mail \_\_\_\_\_

