

# ***Portland Parks & Recreation***

***P.O. Box 71***

***Portland, CT 06480***

***860-342-6757***

***860-342-6763 Fax***



## **PILATES Summer Class**

**Pilates** is an exercise option for everyone! Designed to develop a strong core while maintaining loose, limber limbs, the exercises provide multiple variations to meet the needs of different body types. This class will focus on the basic principles of Pilates to start strengthening core muscles (stomach, back & gluts), & improve balance and coordination between the body's limbs. Class is taught by a Personal Euphoria Pilates Certified Instructor.

Thursdays

8-WEEK Session

July 5 to August 23

Buck Foreman Comm. Ctr.

5:30 to 6:30 p.m.

\$44.00 per session

Minimum 10 Students

**Program updates/Cancellation Hot Line 860-262-7234**

**ADULT FITNESS INFORMATION WAIVER**

**PORTLAND PARKS AND RECREATION**

Po Box 71, 265 Main Street, Portland, CT 06480 Phone: 342-6757 Fax: 342-6763  
[www.portlandct.org](http://www.portlandct.org)

Participant's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Street Address \_\_\_\_\_ Apt. # \_\_\_\_\_ Town: \_\_\_\_\_ Zip Code: \_\_\_\_\_

**Emergency Contact (If Desired):** \_\_\_\_\_

**Home Phone #** \_\_\_\_\_ **Work Phone:** \_\_\_\_\_ **Cell Phone #** \_\_\_\_\_

**Email Address** \_\_\_\_\_

**In case of an emergency, may we transport via ambulance? Please circle: Yes No**

	<u>Program(s)</u>	<u>Date &amp; Time</u>	<u>Fee</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

I hereby agree to hold harmless the Town of Portland and its agents for any accidental injury caused by participation in any Town of Portland sponsored activities. In signing this form, it is understood that Portland Parks and Recreation Department and the Town of Portland **DO NOT** assume responsibility for accidents and the participant(s) agree(s) to abide by all rules and regulations set by the this Department and also has the right to cancel any program if participation requirements have not been met.

\_\_\_\_\_  
(Print Name)

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)