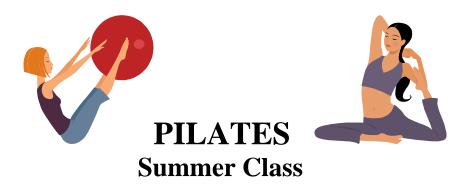
## Portland Parks & Recreation

P.O. Box 71 Portland, CT 06480 860-342-6757 860-342-6763 Fax



**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**

PORT Po Box 71, 265 Main Str	LAND PARKS AND reet, Portland, CT 06480 www.portlandct	Phone: 342	
Participant's Name:	Phone Number:		
Street Address	Apt. # 7	Fown:	Zip Code:
<b>Emergency Cont</b>	tact (If Desired):		
Home Phone #	Work Phone:	Cell Pho	ne #
Email Address			
In case of an emergency, Program(s)	may we transport via am Date & Tin		ase circle: Yes No Fee
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 <u>DO NOT</u> 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)