

# Portland Parks & Recreation

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



## PILATES FALL CLASSES

**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.

### FALL Classes

Day: Thursdays

13-WEEK Session

Dates: Sept. 13 to Dec. 13 (No Class 11/22)

Site: Buck Foreman Comm. Ctr.

Time: 5:30 to 6:30 p.m.

Resident: \$62.00 per session

**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 :** \_\_\_\_\_

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

**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 Portland Parks and Recreation Department.

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

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

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