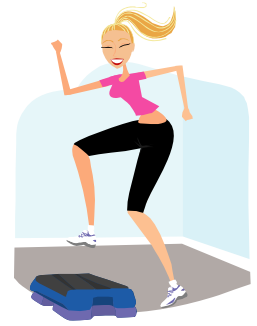




40+ Fitness



Wednesdays
March 31 – June 9, 2010
10:00 AM – 11:00 AM
No Program 4/14

Community Center Recreation Room, 289 S. Maple Ave.

Come join us for a total fitness class for adults 40 years and older!

We begin with a warm-up, then continue with various types of low impact aerobics to increase cardiovascular endurance, and end with a cool down and stretching to increase flexibility and promote relaxation. Participants are encouraged to bring a floor mat and hand weights. Instructor: Pam Cocuzza

\$50 per resident, \$75 per non-resident of Bernards Township per session
Proof of residency required for resident rate.

Refunds, less a \$10 administrative fee per registrant, will only be processed if requested before the session's start date. There will be no refunds given after the session begins.

You must be registered with the Recreation Department prior to attending the program.
To register, complete the form below and mail with check made payable to "Bernards Township" to:
Bernards Township Recreation "40+ Fitness"
1 Collyer Lane
Basking Ridge, NJ 07920

Recreation program schedule subject to change.
Bernards Township Department of Parks & Recreation
908-204-3003 www.bernards.org

40+ Fitness
Spring Session, 2010
\$50 per resident, \$75 per non-resident

IMPORTANT!
Registration for Spring Session
Fitness Classes and Open Gyms
begins **March 15, 2010**.
No registrations will be accepted
before this date!

Name: _____ Home Phone #: (____) _____

Address: _____

Email: _____

I certify that I am physically able to participate in this activity and agree that Bernards Township and the Bernards Township Recreation Department shall not be held liable in the event of accident or injury resulting from participation in this activity. I grant the Bernards Township Recreation Department the right to use any and all photographs of myself participating in a Recreation Department sponsored activity for future media promotion. I certify that I have read and understand the Recreation Department's registration, non-resident and refund policies.

Signature: _____ Date: _____

For office use only: Cash _____ Ck. # _____ Received: _____