



Denville Recreation: Senior Exercise With Olimpia

Who: Senior Adults - Limited Class Size
Where: Community Room - Denville Municipal Building
When: Tuesdays—9:00-9:45am
April 10—June 28 (8 Sessions) Skip 4/17, 5/15, 6/5, & 6/19
Cost: \$30.00 ***Late Fee:** \$10.00 after 4/6/18

Registration Begins March 14th at 8:00am

Description: Come join us for a specially designed senior citizen exercise program with a certified trainer. Class is designed to help you stay active, strong and healthy. Exercise at your own pace-using a chair. Each session will include a warm-up, leg exercises, upper body with your back supported, strength training and core muscles.

Visit www.denvillenj.org, located on home page or our Facebook page!

Denville Recreation: Senior Exercise with Olimpia April—June 2018

Name _____ Phone# _____ Age _____
Address _____ Email Address _____
Emergency Contact and phone # _____
Preferred Hospital _____ Allergies/conditions _____

I will not hold Denville Township, Denville Recreation or any of their representatives responsible for any loss or injury incurred while participating. I am in good health and able to participate without restriction. I am providing an emergency number should anything occur while participating in the program. I also authorize Denville Recreation personnel to contact appropriate emergency personnel, should I need treatment.

Township Policy on Public Photos & Articles

It is the policy of the Township of Denville that any and all public photos and articles regarding the Recreation Department activities and participants must be submitted to the director for review and or editing.

Signature _____

RECEIPT # _____ CHECK # _____ CASH _____

\$30.00