



# Denville Recreation: Senior Exercise With Olimpia

**Who:** Senior Adults – Limited Class Size

**Where:** Community Room - Denville Municipal Building

**When:** Mondays—10:15-11:00am

**April 8—June 3 (8 Sessions) - Skip 5/27**

**Cost:** \$30.00

**\*Late Fee:** \$10.00 after 4/5/18

**Registration: Denville Residents February 19th at 8:00am**

**Non-Denville Residents—February 25th 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](http://www.denvillenj.org), located on home page or our Facebook page!

## Denville Recreation: Senior Exercise with Olimpia April—June 2019

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**