



Denville Recreation: Senior Exercise With Olimpia

Who: Senior Adults – Limited Class Size

Where: Community Room - Denville Municipal Building

When: Mondays—10:15-11:00am

January 7—March 4 (8 Sessions) - Skip 2/18

Cost: \$30.00

***Late Fee:** \$10.00 after 1/4/19

Registration: Denville Residents November 19th at 8:00am

Non-Denville Residents—November 26th 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 January—March 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 _____

DATE _____

\$30.00