



Stay Fit Through The holidays with Diane's Fit and Fabulous Workout: 20/20/20 Aerobics/Strength Training/Pilates

This workout is a combination of cardio, strength training and relaxation all in one program that burns fat, tones muscle, and increases flexibility while retraining your body to perform with relaxed power and resiliency.

Certified Instructor: Dianne Brown, Koinonia School of Sports

What to Bring: Light hand held dumbbells, a yoga mat or beach towel and water.

Thursdays for eight weeks:

Dec. 3, 10, 17, Jan. 7, 14, 21, 28, Feb. 4



Two Convenient times available: 2:30-3:25 or 3:30-4:25

Location: MRFES Room E-19 (former Music Room) Cost: \$58

Note: It is recommended that you consult your physician before beginning any exercise program. Pre-registration is required. You may return registration and payment in a sealed envelope marked TRC to any school office or Stop by Town Hall to register or mail form with payment to TRC, PO Box 899, No. Grosvenordale, CT 06255 Questions? 923-9440 Make check payable to TRC. Please save top portion for your records.

Thompson Recreation

Stay Fit Through the Holidays (Dec. 1, 2009- Feb. 4, 2010)

(Please print; list one person per form)

Name _____

Home address _____ Town _____ State ____ Zip _____

Mailing Address (if different from above) _____

Home Phone _____ Cell Phone _____

E-mail address _____

Emergency Contact _____ Their Phone _____

I, the undersigned, hereby release any and all claims I may have against the Thompson Recreation Commission, and Koinonia School of Sports, its directors, agents, and employees, and other officials as a result of my participation in fitness classes. Photographs may be taken and used for program promotion. **Also, I give permission to receive emergency medical care, if I am unable to do so.** I understand space is limited and will be made available on a first-come, first-serve basis until the class is full. I understand there are no refunds for missed classes. I understand there is a \$20 fee for checks returned to TRC by the bank.

I am enrolling in: _____ 2:30 - 3:25 class _____ 3:30-4:25 class

Signature _____ Date _____

Payment enclosed \$ _____ cash _____ check # _____