

Portland Parks & Recreation

P.O. Box 71
Portland, CT 06480
860-342-6757
860-342-6763 Fax



PILATES “MINI”FALL CLASSES

Pilates is an exercise option for everyone! Designed to develop a strong core while maintaining loose, limber limbs, the exercises provide multiple variations to meet the needs of different body types. This class will focus on the basic principles of Pilates to start strengthening core muscles (stomach, back & gluts), & improve balance and coordination between the body’s limbs. Class is taught by a Personal Euphoria Pilates Certified Instructor.



Day: Thursdays
4-WEEK Session

Dates: Nov.10 to Dec. 8 (No Class 11/24)

Site: Buck Foreman Comm. Ctr.

Time: 5:30 to 6:30 p.m.

Fee: \$40.00 per session

Program updates/Cancellation Hot Line 860-262-7234

ADULT FITNESS INFORMATION WAIVER

PORTLAND PARKS AND RECREATION

Po Box 71, 265 Main Street, Portland, CT 06480 Phone: 342-6757 Fax: 342-6763
www.portlandct.org

Participant's Name: _____ Phone Number: _____

Street Address _____ Apt. # _____ Town: _____ Zip Code: _____

Emergency Contact (If Desired): _____

Home Phone # _____ **Work Phone:** _____ **Cell Phone #** _____

In case of an emergency, may we transport via ambulance? Please circle: Yes No

	<u>Program(s)</u>	<u>Date & Time</u>	<u>Fee</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

I hereby agree to hold harmless the Town of Portland and its agents for any accidental injury caused by participation in any Town of Portland sponsored activities. In signing this form, it is understood that Portland Parks and Recreation Department and the Town of Portland DO NOT assume responsibility for accidents and the participant(s) agree(s) to abide by all rules and regulations set by the Portland Parks and Recreation Department.

(Print Name)

(Signature)

(Date)