



Sponsored by the
Pomfret Recreation Dept.



Summer Classes

Interested in becoming more flexible, alert, stronger and improving your general health and well being? This class is for you. You will learn exercises of breathing, alignment and precision of movement in addition to working on concentration, balance and stabilization of your joints for better posture. You will soon feel more limber, notice improvements in posture and feel more energized.



Bring your own mat. Fee: \$30.00 per person



Mondays: 6/2, 6/9, 6/16 & 6/23/14

5:00 to 5:45 pm in the PCS Gym



Instructor: Linda Magee, Certified Instructor



Summer PILATES classes. Please mail and make checks payable to:

Pomfret Recreation Dept., 5 Haven Road, Pomfret Center, CT 06259. 974-1423 or B.Gagnon@pomfretct.gov

Name _____ Home Phone _____

Address _____

Cell Phone _____ E-mail _____

Fee: \$30.00 Check # _____ or paid cash _____

Do you have any medical needs/conditions that the staff should be aware of? _____

If Yes, please explain

I understand that there are inherit risks while participating in any exercise class and I, the undersigned, hereby release any and all claims I may have against the Town of Pomfret or the Pomfret Recreation Commission, Program Supervisors, its directors, agents, and employees and other officials that represent this program. I am responsible for myself prior to, during and after the class while on town property. I agree to emergency medical care if I am unable to take care of myself. I understand space is limited and will be made available on a first-come, first-serve basis until the class is full. No refunds unless class is canceled. I understand there is a \$20 fee for checks returned to the PRD by the bank.

Name: _____ Date: _____