

Town of Marcellus Parks & Recreation Department

24 East Main Street, Marcellus, NY 13108

Phone: 673-3269 ext.2

Fax: 673-9102

Fitness in Marcellus Park

Join Certified fitness instructor, Andrea Van Beusichem at the Annex Pavilion for a 7-Week Fall Workout in Marcellus Park!

Tuesdays and Thursdays September 15 – October 29th, 2020 from 6:00 – 6:45 PM

\$60 for just Tuesdays or just Thursday or \$100 for BOTH Tuesdays and Thursdays

Tuesdays: Fit Fusion – An original exercise class designed to give you an amazing, well-rounded workout. We will use HIIT (High Intensity Interval Training) to get your heartrate up and build muscle. Then, using your own bodyweight, we will perform moves inspired by Pilates and Yoga to further tone and define your muscles while improving flexibility. This class is suitable for intermediate through experienced fitness levels.

Thursdays: Beginner's Fitness – If you're new to working out or are just getting back into it, this class is for you! We will focus on the basics so that you can learn good form, practice balance, improve your cardio, and increase your strength. We'll explore different styles of exercise so that you can discover (or rediscover) the types of movement you love! If you're not new to fitness, you could use this class as an active recovery session. All are welcome! Choose one or both classes!

**Please complete and return the form below to the Town of Marcellus Recreation Office
Checks made out to Town of Marcellus**

Fall Fitness in Marcellus Park

Name: _____ Phone # _____

Address: _____ email _____

Pick one: Tuesday _____ Thursday _____ Both Days _____

Emergency Contact: _____

WAVIER:

The undersigned hereby acknowledges and understands that "accident insurance" is not provided for any injury that may be sustained as a result of hazard associated with the activity registered for by the undersigned and accepts financial liability for any medical cost resulting from an accident or injury. The undersigned understand that their children attend activities at their own risk. The Town/Village of Marcellus and its employees are not responsible for injuries sustained. In the event that I cannot be notified concerning an injury or emergency to my child, I give permission for the Marcellus Parks & Recreation staff to provide emergency services.

Signature: _____ Date: _____