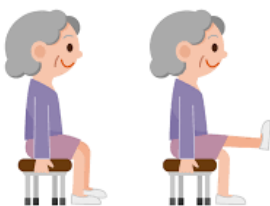


Town of Marcellus Parks & Recreation Department

22 East Main Street, Marcellus, NY 13108

Phone: 315.673.3269 ext.2



Senior Exercise Class Open to any Adult 55 and up

When: Mondays and Fridays from 9:10am - 10:10am

Where: Marcellus Library or Marcellus Park - DATES TBD

Instructor: Mary Jo Pelc - certified dance instructor

Fee: Free

Mary Jo will incorporate low impact exercises and stretching to help you improve your posture, flexibility, and stability. A chair will also be used to do some seated exercises and to add stability when doing standing exercises. Join us! Wear comfortable clothes and dress appropriately for the weather. Bring a water bottle.

Please complete and return the form below to the Town of Marcellus Recreation Office.

Senior Exercise Class

Name _____

Home Phone # _____ Cell # _____

Address: _____ zip code: _____

Email: _____ Birthday: _____

Emergency contact name & number: _____

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, I give permission for the Marcellus Parks & Recreation staff to provide emergency services.

Signature: _____ Date: _____
