

CARDIO DANCE FIT!!

“DANCE YOUR WAY TO FITNESS” Look and feel great in the New Year!! Start it off right by joining us on Tuesday nights for a fun class that will get that body moving!!!

Come join Lisa Marie & have fun getting fit! We dance to music of all genres and routines are simple & easy to follow! They can be modified to fit your intensity level – be it beginner or a more intense workout. Ages 12 and up are welcome! (Under 16 must be accompanied by an adult) –

No dance experience necessary. We make exercise fun!!!!

Six student minimum needed to hold class. Earn a FREE t-shirt or tank top just by attending classes!

\$60.00 for 10 week session – Tuesday evenings 6-7pm

We will meet at the Brooklyn Elementary School gym.

Session 2: *Tuesdays - 1/5 through 3/22 - No class January 19th or February 16th*

\$5 DISCOUNT ON SESSION FOR RETURNING STUDENTS!

**BROOKLYN PARKS & RECREATION
P.O. Box 356, Brooklyn, CT 06234**



NAME _____

MAILING ADDRESS _____

EMAIL: _____

HOME PHONE# _____ WORK/CELL# _____

Who may we contact in case of an emergency?

Name _____ Phone _____ Relationship _____

Please list any medications you are taking _____

Any medical problems we should be aware of _____

Photo Release (Photos may be taken at programs or events – please indicate whether we can include you/your child in these photos): Yes _____ No _____

I, the undersigned, have chosen to participate (or to allow my child to participate) in the Brooklyn Parks & Recreation Program. I understand that this is not a medically supervised program. I accept responsibility for any personal injury I or my minor child might incur while participating in the Program. I release and indemnify the Town of Brooklyn and its agents, officers and employees from any liability which may occur as a result of my participation in the Brooklyn Recreation Program. I further attest that the information provided in my application is true to the best of my belief. I understand that Brooklyn Parks & Recreation maintains a no refund policy. Missed classes due to weather or cancellation by the instructor are rescheduled at the discretion of the Director or instructor.

Participant’s Signature _____

Make checks payable to Brooklyn Parks & Recreation

FOR OFFICE USE ONLY

PROGRAM Cardio Dance Session 2 AMOUNT PAID _____

DATE _____ RECEIPT # _____ Or Indicate Credit _____

To office staff only: Attach a copy of printed receipt to form if paid by Credit.

Programs/trips/activities and/or pricing are subject to change, and may be beyond our control.