

Adult Fitness

with Certified Personal Trainer and
Boot Camp Instructor Kelly Pszenny
Starts March 2nd for 6 weeks!

Late sign ups welcome and can always be prorated!

When: Tuesdays & Thursdays 3:30-4:30
Where: Holten-Richmond Middle School
Cost: \$75

If you have any questions please contact Kelly Pszenny at
kelpsz@comcast.net or at call Kelly 508-523-0242.



This class is a total body workout with lots of variety such as plyometrics, functional training, calisthenics, resistance training and core training with your own body weight along with tubing and other accessories. This class will focus on developing and improving your cardiovascular and strength through creative exercises and activities, all while having a great time. This class is designed for all levels. Please bring a bottle of water to each class.

Program # 221940-19 (Adult Fitness March 2010)

Sign up online at www.danversrec.com or

Please return to Danvers Recreation Town Hall 1 Sylvan Street Danvers, MA 01923

NAME _____ Date of Birth: _____

ADDRESS _____ Phone _____

Email address: _____

Work Phone _____

Emergency# _____ Emergency Contact _____

I hold harmless the Town of Danvers, its employees, volunteers, or its agents from any and all injuries that might be sustained by participation in any of the programs. In the event of injury, I grant permission to provide/acquire medical care or assistance. In addition, I hereby give permission for any photographs taken of my child to be used for publicity purposes.

SIGNATURE: _____

Payment Type: Check# _____ Visa/MC _____ Exp. _____