

Adult Fitness



with Certified Personal Trainer
 and Boot Camp Instructor **KELLY PSZENNY**



September 21st– October 26th
6-Week Session

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.



Tuesday's and Thursday's
3:30pm-4:30pm
Holten Richmond Middle School
Cost \$75



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

Danvers Recreation 1 Sylvan Street, Danvers, MA 01923– Adult Fitness– September-October 2010– Program #221940-22

Name: _____ Date of Birth: _____
 Address: _____
 Phone: _____ Email Address: _____
 Emergency Contact: _____ 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 the participant during the program. In the event of injury, I grant permission to provide/acquire medical care or assistance. In addition, I give permission for any photographs taken of my child to be used for publicity purposes.

Signature: _____ Date: _____
 CHECK# _____ VISA/MC _____ EXP. _____ Amt. _____