

Get Fit with Kelly Pszenny



Certified Trainer Kelly Pszenny is back with a great new program to help you get in shape while having fun! Get Fit is a total body workout with lots of variety such as cardio, calisthenics, resistance training and core training. This great class will focus on developing and improving your cardiovascular health and strength through

creative exercises and activities. The overall goal of the program is to help you improve your health and teach you how to maintain your fitness routine. Individuals of all fitness levels are encouraged to participate. If you have any questions please feel free to contact Kelly Pszenny at kelps@comcast.net or at call Kelly 508-523-0242.

Program Information:
When: March 6th-April 10th (Sat.)
Time: 7:00am-8:00am
Location: DHS weight room
Cost: \$44.00



Program # 221940-20 (Get Fit with Kelly– March 2010)
 Sign up online at www.danversrec.com or complete and return this form to Danvers Recreation Town Hall, 60 Cabot Rd.

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. _____