

So you got off the couch...



what's the next step?

Basic Training!

Get in Shape, Lose Weight, Start Living!



Get Ready for Spring!

Cost is only **\$75!**

Monday and Wednesday Evenings
March 5th - April 11th
HOLTEN RICHMOND MIDDLE SCHOOL
From 6:00-7:00PM

Certified Trainer, Kelly Pszenny brings you a great new program to help you get in shape while having fun in 2012! **Basic Training** is a total body workout with lots of variety such as cardio, calisthenics, resistance training, core training and more! The overall goal of the program is to help you improve your health and teach you how to maintain your fitness routine!

This program WILL be a challenge for every level of fitness!

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Danvers Recreation 1 Sylvan Street, Danvers, MA 01923- Basic Training - March/April 2012- Program # 221940-28

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 to be used for publicity purposes.

Signature: _____ Date: _____

CHECK# _____ VISA/MC _____ EXP. _____ Amt. _____