



2012



Total Body Fitness with Kelly

with Certified Personal Trainer and Boot Camp Instructor Kelly Pszeny!

March 6th - April 12th
Tues. & Thurs.

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. We will focus on developing and improving your cardiovascular health and strength through creative exercises and activities, all while having a great time. Adult Fitness is designed for individuals of all levels. Please bring a bottle of water to each class. If you have any questions please contact Kelly Pszeny at kelpsz@comcast.net or at call Kelly 508-523-0242.



Tuesdays and Thursdays
3:15—4:15 pm
Holten Richmond Middle School
Cost \$75



Danvers Recreation 1 Sylvan Street, Danvers, MA 01923- Total Body Fitness Mar/Apr 2012 (Program #)

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. _____