



# GET FIT



# with Kelly Pszenny

March 3 — April 7

6-Week Session

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. Learn to use the machines in the Fitness Center and mix in the cardio to make it a fun, whole body work out!

*Individuals of all fitness levels are encouraged to participate.*



**Mar. 3rd—Apr. 7th (Saturdays)  
7:00am-8:00am  
DHS Weight Room  
Cost is \$45.00**



If you have any questions please feel free to contact Kelly Pszenny at [kelpsz@comcast.net](mailto:kelpsz@comcast.net) or at 508-523-0242.

\*\*\*\*\*

Program # (Get Fit with Kelly – (3/3– 4/7)

Sign up online at [www.danversrec.com](http://www.danversrec.com) or complete and return this form to Danvers Recreation Town Hall, 1 Sylvan Street.

NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_ CELL 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. \_\_\_\_\_

**\*Please make checks payable to ‘Town of Danvers’**