

LOW IMPACT AEROBICS WITH SUSAN

**STARTS TUESDAY, JANUARY 5, 2010
ENDS THURSDAY, MAY 27, 2010**

CLASSES: Tuesday & Thursday 5:30-6:30 P.M.

**High intensity, low impact routines to music, including toning and stretching.
Participants are encouraged to work at their own level of intensity.**

INSTRUCTOR: SUSAN GLASS, MS

**Exercise Physiologist, Certified Personal Trainer, Certified Group Exercise Instructor
27 year experience**

FEE:

10 CLASSES: \$30 member/\$35 non-member

LOCATION:

Carroll Recreation Center-Fitness Room

LOW IMPACT AEROBICS

FEE: 10 CLASSES: \$30 member/\$35 non-member

Name _____ **DOB** _____

Address _____

Phone _____ / _____ / _____
Home Daytime Cell

E-mail _____

WAIVER FOR PARTICIPANT

I agree to assume full responsibility for any risk implicit or direct by participating in any activity or facility. The City of Carroll does not provide individual team, or group insurance for participants in parks and recreation activities. I give permission for any photos of participants taken during the program to be used for future Department promotional materials.

Signature _____ **Date** _____