

## FITNESS CLASSES NOV - DEC 2019

Name \_\_\_\_\_

Address \_\_\_\_\_

Town/ST/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Date of Birth \_\_\_\_\_

E-mail \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Emergency Number \_\_\_\_\_

Make check or money order payable to:  
Enfield Senior Center

Date Paid \_\_\_\_\_

Cash  Check Check No. \_\_\_\_\_

For office use only

### REGISTRATION DEADLINE: OCTOBER 29, 2019 CIRCLE CHOICE AND FEE

Class Name	Date	Day	Time	No. of Classes	FEE Resident	FEE Non-Resident
<b>Beginner Box A Lates</b> <i>No class Nov 28</i>	Nov 7 - Dec 26	Thurs	5:00 pm	7	\$21.00	\$28.00
<b>Beginner Line Dancing</b> <i>No class Nov 11</i>	Nov 4 - Dec 23	Mon	1:00 pm	7	\$21.00	\$28.00
<b>Line Dancing - Different Rhythms</b> <i>No class Nov 11</i>	Nov 4 - Dec 23	Mon	2:00 pm	7	\$21.00	\$28.00
<b>Body 360</b> <i>No class Nov 28</i>	Nov 7 - Dec 26	Thurs	1:00 pm	7	\$21.00	\$28.00
<b>People On Weights</b>	Nov 6 - Dec 18	Wed	5:00 pm	7	\$21.00	\$28.00
<b>People On Weights</b> <i>No class Nov 28</i>	Nov 7 - Dec 26	Thurs	2:00 pm	7	\$21.00	\$28.00
<b>People On Weights</b> <i>No class Nov 29</i>	Nov 8 - Dec 27	Fri	10:30 am	7	\$21.00	\$28.00
<b>Simply Stretch Strengthen</b> <i>No class Nov 11</i>	Nov 4 - Dec 23	Mon	10:30 am	7	\$21.00	\$28.00
<b>Simply Stretch Strengthen</b> <i>No class Nov 28</i>	Nov 7 - Dec 26	Thurs	10:30 am	7	\$21.00	\$28.00
<b>Stability Ball Training</b>	Nov 5 - Dec 24	Tues	10:10 am	8	FREE	FREE
<b>Stability Ball Training</b> <i>No class Nov 28</i>	Nov 7 - Dec 26	Thurs	8:40 am	7	FREE	FREE
<b>Tai Chi</b>	Nov 13 - Dec 18	Wed	3:30 pm	6	\$21.00	\$28.00
<b>TOTAL FROM SIDE 1</b>						

**FITNESS CLASSES NOV - DEC 2019**

<b>Yoga Chair and Standing</b> <i>No class Nov 11</i>	Nov 4 - Dec 23	Mon	9:30 am	7	\$28.00	\$35.00
<b>Yoga Chair and Standing</b>	Nov 5 - Dec 24	Tues	11:00 am	8	\$32.00	\$40.00
<b>Yoga All Levels</b>	Nov 5 - Dec 24	Tues	9:00 am	8	\$32.00	\$40.00
<b>Yoga All Levels</b>	Nov 5 - Dec 24	Tues	10:00 am	8	\$32.00	\$40.00
<b>Yoga All Levels Evening</b> <i>No class Nov 28</i>	Nov 7 - Dec 26	Thurs	6:00 pm	7	\$28.00	\$35.00
<b>Zumba Gold Wed Mornings</b>	Nov 6 - Dec 18	Wed	10:30 am	7	\$28.00	\$35.00
<b>Zumba Gold Wed Evening</b>	Nov 6 - Dec 18	Wed	6:15 pm	7	\$21.00	\$28.00
<b>Zumba Gold Thurs Evening</b> <i>No class Nov 28</i>	Nov 7 - Dec 26	Thurs	6:35 pm	7	\$28.00	\$35.00
<b>Zumba Gold Chair Wed Morning</b>	Nov 6 - Dec 18	Wed	11:30 AM	7	\$21.00	\$28.00
<b>TOTAL FROM SIDE 1</b>						
<b>GRAND TOTAL</b>						