

# Resistance Training

This challenging TOTAL BODY STRENGTH CLASS starts with a warm up followed by an intensive muscle conditioning workout. Hand-held weights, stability balls and resistance bands are utilized to promote muscular strength and endurance.

**WHO:** Women & Men age 18 & older

**WHEN:** Wednesday Nights



January 4th - March 21st

12 sessions

**WHERE:** Tarrytown Senior Center

240 W. Main Street, Tarrytown NY

**TIME:** 6:30 to 7:30pm

**FEE:** \$96



**REGISTRATION IS REQUIRED**

For more information, please call  
the Tarrytown Recreation Department  
at 631-8347

# RESISTANCE TRAINING

## WINTER 2012 REGISTRATION FORM

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

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

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE #: \_\_\_\_\_ WORK PHONE #: \_\_\_\_\_

CELL #: \_\_\_\_\_ EMERGENCY #: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

**FEE: \$96 per person, non-refundable**

**NOTE: Open to Women & Men age 18 and over**

**COURSE WILL BE HELD IN THE TARRYTOWN SENIOR CENTER**

**Wednesday Nights, 6:30-7:30pm, January 4<sup>th</sup> – March 21<sup>st</sup>**

**Make Checks Payable to: TARRYTOWN RECREATION**

**Mail Registration Form to: Tarrytown Recreation Department  
P.O. Box 292  
Tarrytown, New York 10591**

**For more information, please contact  
The Tarrytown Recreation Department @ 631-8347**

**Waiver of Liability:**

I hereby agree to hold harmless the Village of Tarrytown, the Board of Trustees thereof, the agents, employees and volunteers from any claim whatsoever, for property damage or physical injury that I or my child may sustain as a result of my participation in any of the recreation activities in the Village of Tarrytown.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_