

# Pilates/Core Strength

Pilates is a series of non-impact exercises designed to develop strength, flexibility and balance. These targeted exercises enable you to achieve a flatter stomach and trimmer waist while improving your posture and coordination.

*Pilates is a fun and healthy way to reduce your stress level and attain a beautifully sculpted body.*

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

**WHEN:** Thursday Nights

January 5th to March 22nd

12 Sessions

**WHERE:** Tarrytown Senior Center

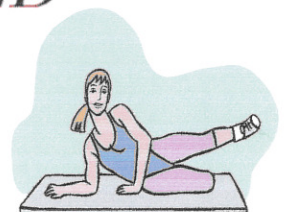
240 W. Main Street, Tarrytown, NY

**TIME:** 7:00pm to 8:00pm

**FEE:** \$96

***REGISTRATION IS REQUIRED***

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



# PILATES / CORE STRENGTH

## 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**

**Thursday Nights, 7-8pm, January 5<sup>th</sup> – March 22<sup>nd</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: \_\_\_\_\_