Chatham Community Center

Beginner Barre

Instructor: Deborah Hanley, certified Barre Instructor

Who: Anyone! All levels welcome, although this will be a BEGINNER Barre class.

Location: Community Center Aerobics Room
Registration Fee: $10 per class

When:		
	Mondays	5:45 – 6:45 P.M.
	Tuesdays & Thursdays	8 – 8:45 A.M.
	Thursdays	10 – 10:45

Description: Come ready to have some fun! 45 minutes of low impact exercise to help improve your posture, flexibility and balance, all while having a blast to great music and losing weight by lengthening and strengthening! Easy choreography that focuses on balance, range of motion and coordination. Perfect for beginners or those who are just looking to check Barre out!

Bring: Wear comfortable exercise clothes and bring a yoga mat if you have one.

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Beginner Barre

Name: _____ D.O.B._____

Residential Address:_____
Street Address (required) Town (Chatham, North, South, West, Port?)

Mailing Address:_____
Street#/P.O. Box Town State Zip

Home #: _____ Work/Cell #: _____

Email Address: _____

Emergency Contact: _____ Telephone #:_____

Physician: _____ Telephone #:_____

Are there any allergies, medications or health issues that we should know about?

In consideration of your accepting my entry, I, the undersigned adult participant, intending to be legally bound do hereby for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims or damages I may accrue against the Town of Chatham, its contractors, instructors, aides, their successors, representatives and assigns, for any and all injuries suffered as a result of traveling to and from and while participating in the above named program. Further, I give my permission to receive medical treatment in the event of injury while participating in the above-named program. In the absence of a signature below, payment of fees and participation in the program shall constitute acceptance of the conditions set forth in the waiver. I agree that pictures taken during program hours may be used for future promotional purposes.

_____ Date: _____

Signature

Registration Form Received By: _____ Date: _____