



# Adult Fitness Classes

## Session Begins March 22

### Zumba

Mondays 8:15-9:00 pm

6 classes for just \$60

Instructor: Aimee

First class **May 2**. Last class June 13.

No class May 30.

Bring towel and water.

### Yoga

Tuesdays 8:00-9:00 pm

12 classes for just \$125

Instructor: Tony

First class March 22. Last class June 14.

No class April 19.

Bring mat and water.

### Cardio Pilates

Thursdays 7:45-8:45 pm

12 classes for just \$125

Instructor: Janet

First class March 24. Last class June 16.

No class April 21.

Bring mat, resistance band\* and water.

*\*Resistance bands are available for \$5 at first class.*

Classes require a minimum enrollment of 4 participants. Register Early!

## Adult Fitness Registration Form - Spring 2011

Please return this form with payment to:

381 Triangle Rd, #7, Hillsborough, NJ 08844 or fax (908) 431-0022 or phone (908) 431-0020 using your VISA/MasterCard.

Name

Street Address

City, State, Zip

Home Phone

Cell/Work Phone

E-mail Address

I, the undersigned, wish to enroll in Triangle Dance Center's dance/exercise program, knowing that this involves physical activity of an aerobic and/or non-aerobic nature. In the event that I sustain any injuries out of or resulting from the program, I hereby waive my right to sue or make any other claim for damages or compensation from Triangle Dance Center and hold harmless from and against any and all claims, damages, losses and liabilities (including attorney's fees and expenses of litigation), which they may incur or sustain as a result of my participation in the program.

X

Signature

Date

### Check (✓) Class Selection(s):

Zumba \$60

Mondays

8:15-9:00 pm

Yoga \$125

Tuesdays

8:00-9:00 pm

Cardio Pilates \$125

Thursdays

7:45-8:45 pm

**Payment Information** TDC accepts cash, checks (made payable to Triangle Dance Center) and VISA/MasterCard.

For Credit Card Payments Only: Please charge \$\_\_\_\_\_ to the credit card below:

Card Number

Exp. Date

Security Code

Name as it appears on card

Signature

Billing Address (if different than address provided above)

