



BEGINNER FITNESS

WITH NANCI HUNER

BEGINNER FITNESS CLASSES IS DESIGNED TO HELP IMPROVE AND ENHANCE MUSCLE TONE, REFINE BALANCE AND BOOST STRENGTH (ABDOMEN, ARMS & THIGHS).

Dates: Winter Session: Tuesdays, Jan. 3, 10,17,24,31, Feb. 7, 14, 21
 Spring Session: Tuesdays, Feb. 28, March 7,14,21,28, April 4, 11, 18

Time: 9:00am -10:00am

Fee: \$110/PJ Residents \$120/Non-residents

Location: Port Jefferson Village Center

Registration: PJ Rec Dept., 2nd Floor Village Center, 101A East Broadway, Port Jeff, NY

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Program Name: **Beginner Fitness** Winter Session or Spring

Last Name: _____ First Name: _____

Address: _____

Phone: _____ Emergency Contact : _____

Email: _____

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SIGNATURE _____ DATE _____

<p>For Office Use Only</p> <p>Payment Received By: _____ Check #: _____ CC _____</p> <p>Please circle Winter Session Spring Session</p>
