

FITNESS *for* EVERYONE

With Nanci Huner



WAKE UP
WORKOUT
AND
BE HAPPY

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

Dates: Wednesday: Jan 16, 23, 30 Feb 6, 13, 20, 27 March 6th 2019
Time: 8:00am - 9:00am
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
Notes: Please bring a floor mat



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Program: Fitness for Everyone: Jan 16th – March 6, 2019 **Please make checks to:** Inc. Village of Port Jeff

Last Name: _____ **Name:** _____

Address: _____

Phone: _____ **Email:** _____

Emergency Contact: _____

THE UNDERSIGNED AGREES THAT THE VILLAGE OF PORT JEFFERSON, ITS AGENTS, OFFICERS, ELECTED AND APPOINTED OFFICIALS AND EMPLOYEES SHALL NOT BE LIABLE FOR ANY CLAIMS, INJURIES, DAMAGES OR EXPENSES SUSTAINED BY THE UNDERSIGNED AS A RESULT OF PARTICIPATION IN THE ACTIVITY DESCRIBED ABOVE. THIS RELEASE FROM LIABILITY SHALL APPLY TO ALL SUCH CLAIMS, INJURIES, DAMAGES OR EXPENSES REGARDLESS OF WHO IS AT FAULT AND EVEN IF CAUSED BY THE NEGLIGENCE, NEGLECT OR FAULT OF THE VILLAGE OF PORT JEFFERSON, ITS AGENTS, OFFICERS, ELECTED AND APPOINTED OFFICIALS AND EMPLOYEES. THIS RELEASE IS MADE WITH KNOWLEDGE THAT THE VILLAGE OF PORT JEFFERSON PROVIDES NO INSURANCE TO COVER CLAIMS, DAMAGES OR EXPENSES WHICH MAY RESULT FROM THE DESCRIBED ACTIVITY.

SIGNATURE: _____



DATE: _____

For Office Use Only

Received by: _____ **Amount:** _____ **cc:** _____ **ck:** _____