

Wayne Township Health Department offers "Lookin' Good" Aerobics for Adults

The Wayne Health Department is pleased to offer Wayne Township's "Lookin' Good" Aerobics. The spring session will begin Tuesday, March 20, 2012. Classes will be held every Tuesday and Thursday evening from 5:30 p.m. to 6:30 p.m., with a few exceptions, at the Wayne Health Department, Health Room #2, 475 Valley Road, Wayne.

FEE: \$40.00

Class Schedule

March 20, 26, 27, 29

April 3, 5, 17, 19, 23, 24

May 1, 3, 8, 10, 15, 17, 22, 24, 29, 31

June 5



Lookin' Good incorporates cardiovascular, core, strength and resistance training. The class consists of 30 minutes of aerobics which includes use of a step, gliders and traditional aerobic activity, followed by 30 minutes of resistance training using light weights, resistance bands, balls and body bars. The last fifteen minutes of class concludes with abdominal and core training.

To register, please submit the registration form below along with a check payable to Wayne Health Department by Wednesday, March 14, 2012 to:

Wayne Health Department
Attn: Michele McGrogan
475 Valley Road
Wayne, NJ 07470

For more information, please
call (973) 694-1800 x3242.

PLEASE DETACH FORM BELOW

RELEASE OF RESPONSIBILITY FOR PARTICIPATION IN WAYNE TOWNSHIP'S EXERCISE PROGRAM March 2012 to June 2012

I _____, have no known physical disability that would inhibit my participating in Wayne Township's "Lookin' Good" Program. I am not presently under the care of any medical doctor, osteopath, chiropractor, or any other health care provider. I agree to indemnify and hold harmless the Township of Wayne, its agents, servants and/ or employees from any and all claims for personal injuries and property damage arising from my participation in Wayne Township's "Lookin' Good" Program. **I understand Wayne Township and the Instructor has the right to request a doctor's note in order to participate in this class. I understand that no registration will be accepted without payment and that no refunds will be given. I understand I must be at least 18 years old to register for this class.**

Participant's Name: *(Please print)* _____ Date of Birth: _____

Participant's Signature: _____ Date: _____

Daytime Phone: _____ Evening Phone: _____

Address: _____

E-mail address: _____