



Northampton Aquatic & Family Center @ JFK Middle School, Bridge Rd., Florence

RESTORE YOUR CORE EXERCISE CLASS



STRONG MEN & WOMEN STAY YOUNG

For: Adults, 18 and older
Day: Mondays
Dates: April 26 - June 7, No program 5/31(6 classes)
Time: 6:45 - 7:45pm
Fee: \$48, non-residents add \$10
Location: JFK Middle School, Community Room
Instructor: Joy Eisenberg

This course will teach you to smart, safe and effective exercise methods that will add to your current routine or help you start a new work-out at home. Whether you have not exercised in a while or are a regular to fitness, the "personal training" attention that this class provides will give you something new to add to your current routine or help you begin one. You will need to bring a yoga mat and stability ball to each class. Mat Pilates exercises will be used to incorporate this equipment to create tightened up abdominals, back and gluteus. All fitness levels are welcome.

For: Adults, 18 and older
Day: Wednesdays
Dates: April 28 - June 16 (8 classes)
Time: 6:45 - 7:45pm
Fee: \$64, non-residents add \$10
Location: JFK Middle School, Community Room
Instructor: Joy Eisenberg

This course for people of every age and stage of fitness will use strength-training basics, resistance equipment, the latest educational information to help gain strength and stay on track. The course is based on the Tufts University study that states that after a year of strength training two times a week for 30 minutes, participants will see increased muscle tone, decreased body fat, reversal of bone loss and help in preventing further loss. Program participants will need wrap around Velcro weights, which can be purchased through the instructor. All fitness levels are welcome.

About the Instructor:

Joy Eisenberg holds a degree in Exercise Science and has earned her certification as a Physical Fitness Specialist and Fitness Specialist for Older Adults, from the Cooper Institute for Aerobic Research in Dallas Texas. She has been teaching physical fitness programs for over 30 years.

For more info. contact the Recreation Dept. at 587-1040, 90 Locust St. or www.northamptonma.gov/recreation

Participants Name: _____

Address: _____

(Please Print) # street town state zip code

Home Phone: _____ Work Phone: _____ Cell: _____

Comments (allergies, etc): _____

Email (optional): _____

Emergency Contact: _____ Phone: _____

Please check the program(s) that you are registering for:

- Restore Your Core Exercise Class - Mondays April 26 - June 7 (6 weeks, no program 5/31)
Fee: \$48 (non-residents add \$10)
- Strong Men and Women Stay Young - Wednesdays April 28 - June 16 (8 weeks)
Fee: \$64 (non-residents add \$10)

Mail to: Northampton Recreation Department, 90 Locust Street, Northampton, MA 01060

Checks payable to: Northampton Recreation Department

Charge my(circle): Visa/MasterCard/Discover Card # _____ Exp. Date: _____

Cardholders Name: _____ Signature: _____

For Office use only: Total Paid \$ _____ cash/check/charge Date _____ Rectrac Entered _____