

FITNESS CLASSES – SEP - OCT 2018

Name _____
 Address _____
 Town/Zip _____
 Phone _____
 E-mail _____

Make check or money order payable to:
Enfield Senior Center

Date Paid _____

Cash Check Check No. _____

For office use only

REGISTRATION DEADLINE: AUGUST 29, 2018

Class Name	Date	Day	Time	No. of Classes	FEE Resident	FEE Non-Resident
Active & Fit	Sep 6 - Oct 25	Thurs	2:00 pm	8	\$24	\$32
Beginner Line Dancing <i>No class Oct 8</i>	Sep 10 – Oct 29	Mon	1:00 pm	7	\$21	\$28
Body 360	Sep 6 – Oct 25	Thurs	1:00 pm	8	\$24	\$32
Line Dancing <i>No class Oct 8</i>	Sep 10 – Oct 29	Mon	2:00 pm	7	\$21	\$28
Music and Movement <i>No class Oct 8</i>	Sep 10 – Oct 29	Mon	9:00 am	7	Free	Free
POW! People on Weights	Sep 6 – Oct 25	Thurs	5:00 pm	8	\$24	\$32
POW! People on Weights	Sep 7 – Oct 26	Fri	10:30 am	8	\$24	\$32
POW! People on Weights <i>No class on Sep 22 & 29</i>	Sep 8 – Oct 27	Sat	10:30 am	6	\$18	\$24
Simply Stretch & Strengthen with Shelly <i>No class Oct 1 & 8</i>	Sep 10 – Oct 29	Mon	10:30 am	6	\$18	\$24
Simply Stretch & Strengthen with Shelly	Sep 5 – Oct 24	Wed	9:00 am	8	\$24	\$32
Stability Ball Training	Sep 4 – Oct 30	Tues	10:00 am	9	Free	Free

Stability Ball Training	Sep 6 – Oct 25	Thurs	8:45 am	8	Free	Free
Tai Chi <i>No class Sep 19</i>	Sep 5 – Oct 31	Wed	2:45 pm	8	\$24	\$32
Yoga – All Levels	Sep 11 – Oct 30	Tues	9:00 am	8	\$32	\$40
Yoga – All Levels	Sep 11 – Oct 30	Tues	10:00 am	8	\$32	\$40
Yoga – All Levels	Sep 8 – Oct 27	Sat	9:30 am	8	\$32	\$40
Yoga – Chair and Standing	Sep 11 – Oct 30	Tues	11:00 am	8	\$32	\$40
Zumba Gold – Chairs	Sep 5 – Oct 31	Wed	11:30 am	9	\$27	\$36
Zumba Gold – Wed Morning	Sep 5 – Oct 31	Wed	10:30 am	9	\$36	\$45
Zumba Gold – Thurs Evening	Sep 6 – Oct 25	Thurs	6:35 pm	8	\$32	\$40
Zumba Gold – Fri Morning	Sep 7 – Oct 26	Fri	11:45 am	8	\$32	\$40
Zumba Gold – Sat Morning	Sep 8 – Oct 27	Sat	9:00 am	8	\$32	\$40
Circle Choices & Total						