

## FITNESS CLASSES – MAR – APR 2019

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: FEBRUARY 28, 2019

Class Name	Date	Day	Time	No. of Classes	FEE Resident	FEE Non-Resident
Active & Fit	Mar 7 – Apr 25	Thurs	2:00 pm	8	\$24	\$32
Beginner Line Dancing	Mar 4 – Apr 22	Mon	1:00 pm	8	\$24	\$32
Body 360	Mar 7 – Apr 25	Thurs	1:00 pm	8	\$24	\$32
Box-a-lates	Mar 7 – Apr 25	Thurs	5:00 pm	8	\$24	\$32
Line Dancing To Different Rhythms	Mar 4 – Apr 22	Mon	2:00 pm	8	\$24	\$32
POW! People on Weights	Mar 6 – Apr 24	Wed	5:00 pm	8	\$24	\$32
POW! People on Weights <i>No Class April 19</i>	Mar 8 – Apr 26	Fri	10:30 am	7	\$21	\$28
Monday – Simply Stretch & Strengthen with Shelly	Mar 4 – Apr 22	Mon	10:30 am	8	\$24	\$32
Friday – Simply Stretch & Strengthen with Shelly <i>No Class April 19</i>	Mar 8 – Apr 26	Fri	9:00 am	7	\$21	\$28
Stability Ball Training	Mar 5 – Apr 23	Tues	10:10 am	8	Free	Free
Stability Ball Training	Mar 7 – Apr 25	Thurs	8:40 am	8	Free	Free
Tai Chi	Apr 3 – Apr 24	Wed	2:45 pm	4	\$12	\$16
Yoga – Chair and Standing	Mar 5 – Apr 23	Tues	11:00 am	8	\$32	\$40
Yoga – All Levels	Mar 5 – Apr 23	Tues	9:00 am	8	\$32	\$40

<b>Yoga – All Levels</b>	Mar 5 – Apr 23	Tues	10:00 am	8	\$32	\$40
<b>Yoga – All Levels – Evening</b>	Mar 7 – Apr 25	Thurs	6:00 pm	8	\$32	\$40
<b>Zumba Gold – Wed Morning</b>	Mar 6 – Apr 24	Wed	10:30 am	8	\$32	\$40
<b>Zumba Gold – Wed Evening</b>	Mar 6 – Apr 24	Wed	6:15 pm	8	\$32	\$40
<b>Zumba Gold – Thurs Evening</b>	Mar 7 – Apr 25	Thurs	6:35 pm	8	\$32	\$40
<b>Zumba Gold – CHAIR Wed Mornings</b>	Mar 6 – Apr 24	Wed	11:30 am	8	\$32	\$40
<b>Circle Choices &amp; Total</b>						