

Sponsored by Central Carroll Recreation Council
Exercise and get it all!
Zumba Dance/Aerobics/Strength Training/Pilates
and Yoga!



Join Instructor Karen Roberts, Certified with Aerobics and Fitness Association of America for an awesome jam packed fitness class that includes: An invigorating warm up of all muscle groups and then into toning, balance and flexibility with the exercise stick. Next we bring it up with the new craze everyone is talking about Zumba dance! We will also add in strength training/interval aerobics with hand weights. Last, but not least, is an array of floor exercises that target your entire body and then we incorporate beginner to intermediate pilates and yoga to get those long lean muscles and great wellbeing. This is a one stop shop for total fitness! This class will have you looking and feeling at your very best!

The 1st session will run on Tuesday evenings at Mechanicsville Elementary off of Route 32 across from the Gamber Fire Station from 6:45 to 8:00 pm. Class session runs from October 18th – December 13th (no class on Nov. 8th for Election day). The 2nd session runs on Thursday evenings at Mechanicsville Elementary from 6:45 to 8:00 pm. starting October 20th – December 15th (No class on Nov. 24th for Thanksgiving holiday). The cost for each session is \$46.00. Please bring an exercise mat, hand weights (1 to 5 lbs recommended) and a water bottle. Exercise sticks are provided. If you do not have weights let Karen know and she can bring some for you.

Don't miss out on this great offer. Mail your check and registration to Central Carroll Recreation Council, PO Box 658, Finksburg, MD 21048. Or just bring your registration to the first class, but please call Karen to advise her you will be attending and paying the night of the class so she can get a number count before starting the class. This is very important to ensure there is enough space and the correct number of materials are available for the class. If you have any questions contact Karen Roberts at (410) 857-7651.

Central Carroll Recreation Council REGISTRATION FORM

Participant's Name _____

If Minor, Parents Name _____

Address _____

City _____ State _____ Zip _____

Phone: Home _____ Work _____ Birth date ____ - ____ - ____

Age ____ Grade in at Start of Program ____ Male ___ Female ___

Emergency contact and phone # _____

Please explain any medical or behavioral problems _____

I release the Central Carroll Recreation Council and the Carroll County Government from any and all claims or liability arising from the program, the instructor or any other person participating in the program. I also agree to comply with the Carroll County Department of Recreation and Parks Youth Sports Standards posted at Sandymount and Mechanicsville Elementary Schools.

Signature (Parent or Guardian if minor) _____

Program Name you are Registering for: 1) _____

2) _____

Fee \$ _____

Please complete and mail with check payable to:

Central Carroll Recreation Council

P.O. Box 658

Finksburg, MD 21048