

LOW IMPACT EXERCISE CLASS

Instructor: Elizabeth Simpson
Licensed PTA

This class is appropriate for every fitness level !!
Instruction on core activation Strengthening, Balance, & Stretching

MARCH 14 - MAY 11

(No classes Apr. 4 & Apr. 6)

Tuesdays & Thursdays

at the City Hall Gym

1:00 - 1:45

Malta Parks & Recreation
654-2731

\$80.00

8 weeks/16 classes

Registration Due: Friday March 10



2023 Malta Parks & Rec. Spring Low Impact Exercise Class Registration Form

Name: _____ Cell Phone #: _____

Emergency Contact: _____ Cell Phone #: _____

I hereby give my approval to participate in the 2023 Malta Parks & Rec. Spring Low Impact Exercise Class. I certify that I am physically fit to participate in all recreation activities. I hereby waive and release Malta Parks & Rec. from any and all liability for any injury that may occur during this Low Impact Exercise Class. I understand that recreation directors, instructors, and all other city employees will not be responsible for injury or loss of property while I am participating in this recreation.

Insurance: Each registrant at the 2023 Malta Parks & Rec. Low Impact Exercise Class should be covered by a health and/or accident medical policy. Malta Parks & Rec. **does NOT** provide medical insurance.

Signature of Participant: _____ Date: _____