

SILVER SNEAKERS

SPONSORED BY
LEMOORE PARKS & RECREATION DEPARTMENT

TUESDAY'S
8:00 – 9:00 a.m.
\$10 per class - \$25 per month
\$70/3 months
All classes held at
Civic Auditorium
435 C Street

Keep your heart healthy with this low impact class.

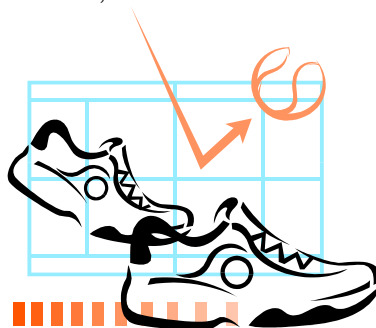
SILVER SNEAKERS

Combines aerobic, flexibility, and strength training in a positive, energizing environment.

SILVER SNEAKERS

Includes exercise that incorporate a chair into the workout for standing and seating support – enabling you to push yourself as far as you want.

Don't forget to bring,
TOWEL, WATER AND MAT



LEMOORE PARKS & RECREATION

LOCATED AT:

435 C STREET

924-6767

SILVER SNEAKERS

PAYMENT METHOD \$10 PER CLASS /25 PER MONTH/\$70 3 MONTHS

NAME: _____

ADDRESS: _____

HOME PHONE: _____

CELL PHONE: _____

E-MAIL; _____

IN CASE OF EMERGENCY CONTACT:

NAME: _____

PHONE _____

THE UNDERSIGNED EXPRESSLY WAIVES ANY CLAIM AGAINST THE CITY OF LEMOORE PARKS AND RECREATION DEPARTMENT STAFF AND VOLUNTEERS FOR ANY INJURY PROPERTY DAMAGE THAT MAY OCCUR IN THIS INSTRUCTION AND EXPRESSLY ASSUMES THE RISK OF ANY INJURE OR PROPERTY DAMAGE.

SIGNATURE: _____

DATE: _____ RECEIVED BY: _____ RECEIPT: _____ PAID\$ _____ MONTH _____