

Putnam Valley Parks & Recreation

265 Oscanawana Lake Road,

Putnam Valley, NY 10579

845 - 526 - 3292

Shaping Up With Sarah - Work Out Class

SUMMER IS JUST AROUND THE CORNER!

GET READY FOR SWIMSUIT AND SHORTS WEATHER NOW!

WHEN: Tuesdays, April 6 - May 11 -
Thursdays, April 8 - May 13

TIME: Tuesdays, 6:00 -7:00pm - **NEW TIME!**
Thursdays, 7:00pm - 8:00pm

WHERE: Lake Peekskill Community Center
Northway Rd., Lake Peekskill

COST: \$60 for Tuesdays OR Thursdays
\$100 for both 6 week sessions.

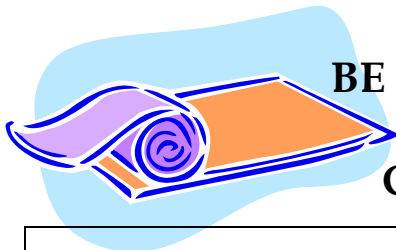
INSTRUCTOR: SARAH KNAPP



**WORK AT YOUR OWN PACE, HAVE SOME LAUGHS,
ALL WHILE GETTING INTO SHAPE.**

**BE SURE AND BRING A MAT FOR FLOOR WORK
AND WATER.**

COMFY CLOTHS AND GOOD SHOES A MUST!



Putnam Valley Parks & Recreation Registration Form

Name: _____

Address: _____

Home Phone: _____ **Work Phone:** _____

<i>Program Name</i>	<i>Day/Time</i>	<i>Fee</i>
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By my signature I have read and also understand the Putnam Valley Parks & Recreation Registration and Policies Statement. I assume all risks of personal injury involving these activities. Acting for myself or son or daughter. I do hereby release the Town of Putnam, the Parks & Recreation Commission, its staff and special instructors of all liabilities including claim and suits of law or equity, for any injuries which result directly or indirectly by reason of participation in the above activities.

I am aware that the Town of Putnam Valley does not provide Accident Insurance.

Signature: _____ **Date:** _____