



# SENIOR EXERCISE 2010

This program provides seniors with the opportunity to become involved while participating in low impact physical fitness. Not only will you physically benefit from the exercise program but you will have the opportunity to socialize with your fellow seniors over coffee and cake after class. Classes will not be held if the Municipal Building is closed due to inclement weather or for all major holidays.

**WHEN?** Mon-Wed-Fri / February 1—December 29

**WHERE?** Municipal Building / Lower Level—Community Room

**TIME?** 8:45—10:00 a.m.

**FEE?** \$25 / Wall & Belmar Residents  
\$50 / Non-Residents

**DEADLINE?** January 29—Late registrants are welcome at any time during the year but the full fee must be made—there is no pro-rating.

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Senior Exercise 2010 \$25 Wall & Belmar Residents / \$50 Non-residents

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE # \_\_\_\_\_ EMERGENCY # \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

I hereby certify that I am physically capable to participate in the senior exercise program.

Signature \_\_\_\_\_