

Village of Croton-on-Hudson Recreation Department

WINTER 2024 / ADULT 60+

LOW IMPACT EXERCISE

Improve your strength, balance, and overall fitness in this fun exercise class. Experienced senior fitness instructor Lori Barr will guide you through a routine that includes low impact cardio, strength training with weights and resistance bands, and balance work. *** Please bring a water bottle & wear comfortable clothing ***

Dates: Wednesdays, January 3 – February 21, 2024
Weather Makeup Date February 28 (If Needed)

Time: 1:30PM – 2:30PM

Location: Municipal Building, Rec Conference Room

Fee: \$60 Village residents for 8 sessions
\$70 School District/Non-Residents



Instructor: Lori Barr

Registration Deadline: December 21 (Non Resident Registration Begins December 18)
(Missed the deadline? Call to inquire about late registration on a space available basis.)

Questions? Call (914) 271-5804 or visit www.crotononhudson-ny.gov/seniors

WINTER 2023 * LOW IMPACT EXERCISE * Act # 3613-3

Amount: \$60 Village Resident / \$70 School District or Non-Resident

Register Online at www.crotononhudson-ny.gov/recreation-parks or mail form and check
(Payable to "Village of Croton") to: Croton Recreation Dept., One Van Wyck St., Croton NY 10520

Name: _____ Phone: _____

Address: _____

Email: _____

Emergency Name & Phone #: _____

I hereby grant the Village of Croton on Hudson permission to use my likeness in photograph(s) in any publications or publicity materials (including but not limited to books, newsletters, videos and internet use), in perpetuity. If I do not want pictures or videos to be used as described above, check here:

I hereby recognize that there are inherent risks involved with participation in this program, and agree to release and hold harmless the Village of Croton-on-Hudson, their employees and volunteers, of any liability whatsoever in connection with any damages and/or injuries that the above named person may sustain as a result of participation. In the event of injury, I hereby give permission person, named above, to be transported to a hospital for treatment to include evaluation of the injury, x-rays, and needed medical care I agree to indemnify and hold harmless the Village of Croton on Hudson for any damages or injuries.

Signature: _____ Date: _____