



SENIOR CLASS ACTIVE & FIT EXERCISE PROGRAM
Wednesdays
August 4-25th
9 a.m.

Active & Fit

4 Classes: Free – sponsored by Suffield Parks & Recreation

Printed Name

Date

Please be sure to complete and return the following for calendar year 2021:

- Participation Waiver and Release
- Questionnaire Regarding Exercise/Health Program
- Statement of Health Status (if necessary)