



**SUFFIELD SENIOR CENTER
2022 EXERCISE PROGRAMS**
145 Bridge Street, Suffield, CT 06078 | 860-668-8830

Please select classes you are enrolling in:

Pilates with Yoga

Monday, Wednesday & Friday
9 a.m.
22 classes - \$82
1/3-2/25
No class 1/17 & 2/21

Active & Fit

Tuesdays
9 a.m.
8 classes - \$30
1/4-2/22

Active & Fit Advanced

Wednesdays
10:30 a.m.
8 classes - \$30
1/5-2/23

Workout with Bands

Thursdays
8:30 a.m.
8 classes - \$30
1/6-2/24

These programs cannot be prorated for classes you are unable to attend. Please make your check payable to **SUFFIELD SENIOR CENTER**.

Please submit the following:

- Participation Waiver & Release for calendar year 2022
- Questionnaire Regarding Exercise/Health Program for calendar year 2022
- Statement of Health Status (if any answer is yes to the above Questionnaire)
For Calendar year 2022
- Membership Registration Form (if not already a member)

Printed Name

Date