



**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.  
16 classes - \$60  
3/23-4-29  
No class 4/15

**Active & Fit**

Tuesdays & Thursdays  
9 a.m.  
18 classes - \$67.50  
3/1-4/28

**Active & Fit Advanced**

Mondays & Wednesdays  
10:30 a.m.  
17 classes - \$64  
3/2-4/27

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 if you have not done so already:

- 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)

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Printed Name

Date