



**SUFFIELD SENIOR CENTER
2021 EXERCISE PROGRAMS**
145 Bridge Street, Suffield, CT 06078 | 860-668-8830

Pilates with Yoga

Michelle Rancourt, Instructor
Monday, Wednesday & Friday
9 a.m.
16 classes - \$60
3/23-4/29
No class 4/15

Active & Fit

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

Active & Fit Advanced *

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

If not already completed for calendar year 2022, please submit the following:

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

* Must complete a fitness test with Joseph prior to taking this class.