



# City of Milford, Connecticut

--Founded 1639 --

70 West River Street – Milford, CT 06460-3317

Tel 203-783-3280 Fax 203-783-3284

[www.milfordrecreation.org](http://www.milfordrecreation.org)



## FITNESS & WELLNESS EXERCISE CLASSES – SUMMER 2012

Determine your choice of class and check appropriate box below. Classes are limited in size and there are no refunds for missed classes. Class and date selection will be taken on a first come first serve basis. Non-residents must include a \$5.00 non-resident fee.

**Sign up for both classes for only \$75.00**

PLEASE INDICATE YOUR CHOICE OF CLASS WITH A CIRCLE AROUND EACH CLASS NUMBER

Please make check payable to **"Milford Recreation Dept."**

| # | CLASS              | LOCATION | DAYS  | DATES      | TIMES   | INSTRUCTOR     | RES. | NON RES |
|---|--------------------|----------|-------|------------|---------|----------------|------|---------|
| 1 | Fitness & Wellness | MEC      | Mon.  | 6/18 – 8/6 | 6:30 PM | Shelia Frankel | \$45 | \$50    |
| 2 | Fitness & Wellness | MEC      | Thur. | 6/18 – 8/9 | 6:30 PM | Shelia Frankel | \$45 | \$50    |

This is your receipt. Fee Paid: \$ \_\_\_\_\_ Date: \_\_\_\_\_ By: \_\_\_\_\_

-----DETACH HERE-----

NAME: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ DOB: \_\_\_\_\_

CITY/ZIP: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

**PLEASE READ THE FOLLOWING STATEMENT AND SIGN BELOW**

*By my signature, I do hereby assume all risks of personal injury involved in this activity. I do hereby release the City of Milford, the Recreation Department, the instructors and agents of liability and suits at law or in equity resulting from this activity. I also give permission to the MRD to use any photo or video taken me during participation in this program; for use in print, digital or web based promotional materials.*

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

| # | CLASS              | PAYMENT | INITIAL |
|---|--------------------|---------|---------|
|   | Fitness & Wellness |         |         |

“Building a Community Through People, Parks, and Programs”  
The Benefits Are Endless