

PELHAM PARKS AND RECREATION

6 Village Green, Pelham, NH 03076

Phone: 603-635-2721

Email: Recreation@pelhamweb.com

Fax: 603-508-3094

Total Body Strength Workout

Tuesdays and Thursdays from 6:30pm to 7:30pm

February 13-March 28, 2024 (skipping Feb. 27 & 29)

Cost is \$60 per participant once a week (Tuesday only)

Cost is \$60 per participant once a week (Thursday only)

\$110 for twice a week (Tuesday and Thursday-\$10 discount)

Open to age 16 to 106!

Participant Release Form

Participant Name: _____ DOB (required): _____ M / F

Address: _____ Town: _____ State: _____ Zip: _____

Cell phone: _____ Email address: _____

This is a recreation level program to learn the benefits of fitness. It is for all levels utilizing free weights, resistance bands and your own body weight. Try a free class before you commit! **The program will take place on Tuesdays and Thursdays from 6:30pm to 7:30pm at the Hobbs Community Center. Space is limited; first come, first serve. Certified instructor is Alison Fournier. You can attend Tuesday only, Thursday only or both days.**

This program poses limited risks to the participants. These risks may include but are not limited to bumps, bruises, cuts, abrasions, broken bones, concussions, heart attacks and even death. We advise that all those participating be in good physical condition. Any limitations regarding physical capabilities should be made known to the Pelham Parks and Recreation Department.

Participants should wear comfortable clothing and comfortable supportive athletic shoes. Bring floor mat, water bottle and own weights or resistance bands if desired (optional). No prior knowledge or skills are required in order to take part in this program. This strength training is proven to help improve muscle strength, maintain bone health and aids in improving metabolism. Certified fitness instructor is Alison Fournier. Done in 60 mins!

Please list any physical or other condition, medications the participant is taking, dietary restrictions, allergies, or other information which may be necessary and helpful to insure participants' health and safety:

I have read and understand the information provided above. I have noted any physical or medical conditions the participant has which might affect his/her participation. He/she meets the standards required for participation and will have the necessary equipment, if needed, which will be in good working condition. I assume all of the risks normally incidental to the nature of this activity, including risks which are not specifically foreseeable. I will follow the rules and regulations provided by the activity leaders/coaches/supervisors.

I, the undersigned, hereby agree to release, indemnify, save and hold harmless the Town of Pelham, the Parks and Recreation Dept, its employees, agents, representatives, coaches, volunteers, from any and all liability, actions, causes of actions, debts, claims or demands of any kind for property damage or personal injury resulting from failure to obey safety regulations and directions of the activity leader or resulting from the exercise of judgment by the leader in good faith response to emergencies and exigencies which occur during the activity; provided, however, that nothing contained herein shall excuse any of the leaders to act with reasonable care for the safety of the participant during the course of the activity appropriate to the circumstance.

You have my permission to have a physician attend to me, if it is deemed necessary, during my participation in the above activity. Participation may be videotaped or photographed for the website.

Executed this _____ day of _____, 20_____.

Signature of Participant

In case of emergency, please contact:

Name: _____ Telephone: _____