



Great Community-Great Schools

# Community Education Recreation

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## Viva Mat Pilates Classes

**Effective, Affordable Fitness that will help you turn flab into muscle and energize your life!**

Slim your waist, stomach and hips; strengthen and tone your muscles; relieve back, wrist, neck and shoulder pain and melt away stress. Non-jarring exercises are modified to fit each student's body and posture. Class is for men/women, ages 13+. All fitness levels welcome.

Wear comfortable exercise attire, bring an exercise mat, large towel and medium or regular strength Pilates band. Go to [www.vivapilates.net](http://www.vivapilates.net) for band purchase info.

**Mat Class #1 – Tuesday 7 – 8 pm. Jan. 24th – March 13th**

**Signal Hill Elementary School, 33 Signal Hill Drive**

Cost: \$88 for 8 weeks

Use the registration form below to sign up today and reserve your space. Please contact Viva Pilates at 856-751-0095 with any questions about the program. Registration can be made in person at Voorhees CER, 1000 Holly Oak Drive, 8-4 pm daily (cash or check only), or mailed with payment to Voorhees CER, 1000 Holly Oak Drive, Voorhees, NJ 08043.

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Name: \_\_\_\_\_

Address, City, State: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

I have enclosed check # \_\_\_\_\_ in the amount of \$\_\_\_\_\_ payable to

**Voorhees CER** for Mat Class #1.

**CONSENT:** I acknowledge that any exercise could cause injury to me. I assume all risks of injury, which may result from any VIVA PILATES LLC program. It is my responsibility to inform VIVA PILATES LLC of any conditions that may affect my ability to do any VIVA PILATES' exercise program, especially back, neck or shoulder problems. I agree to waive and release VIVA PILATES LLC and its instructors from any claims and damages resulting from my participation in any VIVA PILATES LLC program.

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date