

West Caldwell-Caldwell Recreation Adult Aerobics with Dawn DiMasi

Monday & Wednesday Nights

7:00 PM - 8:00 PM

Wilson School Gym

March 31
April 2, 7, 9, 14, 16, 28, 30 (no class April 21 & 23)
May 5, 7, 12, 14, 19, 21, 28
June 2, 9, 11 (no class 6/4)

Fee: \$72.00 (No refunds!)
(a one time per year fee of \$35.00 is added for out of town residents)

Check Payable to: WC-C Recreation
Return Form & Fee to: WC-C Recreation
5 Fairfield Avenue
West Caldwell, NJ 07006

Each participant will exercise at his/her own pace and is asked to wear comfortable clothing & sneakers. Bring hand held weights & towel. Exercise mat a must!!!!

This program is for participants only!!!!
Please do not bring your children.

For more information call 973-226-3621 or visit our website www.westcaldwell.com

Name: _____

Address: _____ Town: _____

Phone: _____ Emergency #: _____

Emergency Contact : _____

Email Address (Please Print): _____

To the best of my knowledge, I am physically fit to engage in the WC-C Recreation Adult Aerobics Program with Dawn (Mar 2008- June 2008).

Signature: _____ Date: _____