



2001 Municipal Court
 Harrison City, PA 15636
 (724) 392-4555
 (724) 744-2172-fax

Mon-Fri, 9:00am-4:00pm
 www.ptarc.org
 Facebook.com/ptrecreation

**REGISTER ON-LINE
 ON OUR WEBSITE:
 WWW.PTARC.ORG**

Questions? Call us, we're here to help!

PTARC THURSDAY FITNESS CLASSES WITH STACIA

DROP IN PASS FOR CLASSES WITH STACIA!!!

Busy people deserve a break, so buy a drop in pass to try ANY of Stacia's classes! Attend when it is convenient for you.

10 Class Drop In- \$60
20 Class Drop In- \$120
Expires: May 31, 2020



PIYO (evenings) Ages 16 & up

This class combines the practices of Pilates and Yoga. We will work at a moderate pace while building strength, increasing flexibility and burning calories. Bring a mat.

Instructor: Stacia Vallo-Martucci

Location: McCullough Elementary

Time: Thursdays, 6:35-7:20 pm

5 week session: February 27-March 26

Fee: PTSD Residents \$25, Non-residents \$33



CRUNCH CLUB Ages 16 & up

This class is specific to working the core as well as lessening lower back pain. Bring a resistance band, mat and a 3-10 lb. weight.

Instructor: Stacia Vallo-Martucci

Location: McCullough Elementary

Time: Thursdays, 6:00-6:30 pm

5 week session: February 27-March 26

Fee: PTSD Residents \$20, Non-Residents \$28

2020 Thursday Fitness with Stacia

Participant Name _____

Address _____

EMAIL Address _____

City _____ Zip _____ Birthdate _____ Age (if under 18) _____

Please circle where you live: Penn Borough Manor Trafford Penn Township Non-Resident

Primary Phone _____ Alternate Phone _____

Program Name/Start Date/Time _____

Adult participant signature required below. Parent signature required below for all participants under the age of 18.

The undersigned individual (parent or guardian if under age 18) represents that the registrant is in good health and can participate in the above listed activity and with prior knowledge of the physical nature of the activity releases Penn-Trafford Area Recreation Commission (PTARC), and Department, the Penn-Trafford School District, the Borough of Manor, the Borough of Penn, the Borough of Trafford, Penn Township, and/or its affiliates or subsidiaries, officers, directors, agents, or employees from any and responsibility for injury to the registrant through negligence or otherwise while he/she is participating in the activity. The parent, guardian, or participant assumes all risks inherent in the activity and will hold the Penn-Trafford Area Recreation Commission and Department, the Penn-Trafford School District, the Borough of Manor, the Borough of Penn, the Borough of Trafford, Penn Township, and/or its affiliates or subsidiaries, officers, directors, agents, or employees harmless from any and all claims or causes of action that may arise from this activity. The undersigned individual also hereby gives permission to Penn-Trafford Area Recreation Commission to use photographs of the participant for the promotion of Penn-Trafford Area Recreation events and programs. The participant agrees to hold the Penn-Trafford Area Recreation Commission, the Penn-Trafford School District, the Borough of Manor, the Borough of Penn, the Borough of Trafford, Penn Township, and/or its affiliates or subsidiaries, officers, directors, agents, or employees free and harmless from liability of any nature.

Keep top portion

*Cut & mail bottom portion to:
 PTARC
 2001 Municipal Ct.
 Harrison City, PA
 15636*

*Make checks
 Payable to PTARC*

***PARENT or Guardian SIGNATURE**

DATE

**** Pre-Registration Required If you'd like to pay by credit card please visit www.ptarc.org**