



2001 Municipal Court
 Harrison City, PA 15636
 (724) 392-4555 Facebook.com/ptrecreation
 (724) 744-2172-fax

Mon-Fri, 9:00am-4:00pm
 www.ptarc.org

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

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

PTARC- ADULT FITNESS

ZUMBA FITNESS Ages 14 & up

ZUMBA Fitness is a fun, easy-to-follow, calorie burning dance party for any fitness level. Routines feature dance and fitness moves to a combination of fast and slow rhythms from around the world. Join us as we take the "work" out of "workout"!

Instructor: Heide Hedding
Location: McCullough Elementary
Time: Mondays, 6:30-7:30 pm
8 Weeks: March 23-May 18 (no 4/13)
Fee: PTSD Residents \$45
Non-Residents \$53



LINE DANCING FOR FUN & FITNESS Ages 18 & up

Come out with Ms. Denise and Ms. Donna to get your boot, scoot, and boogie on! Enjoy old favorites and new originals while you get some fun and exercise. No PARTNER NEEDED! Fun & easy!!

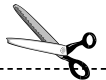
Instructor: Ms. Denise & Ms. Donna
Location: Penn Township Ambulance Center
Time: Tuesdays, 10:30-11:30 am
6-Week Session: March 31-May 5
Fee: PTSD Residents \$20
Non-Residents \$28



ADULT TAP FOR FUN & FITNESS Ages 15 & up

Stomp away stress while slimming down your thighs, as well as improving coordination for both guys & gals! Twenty minutes of dancing increases your heart rate equal to low impact aerobics. Relaxed pace highlighting basic steps and combinations to music. Hard shoes required, tap shoes recommended.

Instructor: Ms. Jolene-Janet's School of Dance Instructor
Location: PT Ambulance Center
Time: Fridays, 7:00-7:45 pm
6 Weeks: March 13-April 24 (no 4/10)
Fee: PTSD Residents \$29
Non-Residents \$37



2020 Adult Fitness

Participant Name _____

Address _____

EMAIL Address _____

City _____ Zip _____ Birthdate _____ Age _____

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**