

PTARC-ADULT EXERCISE CLASSES

Glide-Tone-Stretch All-In-One

Ages 15 & up

These exercises help you firm, tone, and build long, lean muscles. There will be a ½ hour of gliding with cardio and a ½ hour of sculpting with weights. Gliding discs will be provided. You choose the weight you feel comfortable with. Bring a mat, weights, and a water bottle.

Instructor: Cathy Sudo

Location: Penn Township Ambulance

Time: Wednesday 6:00-7:00 pm

6 week session: January 9-February 13

Fee: PTSD Residents \$24, Non-Residents \$32



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 Heddingler

Location: McCullough Elementary School

**1st 6 week session: January 14-March 4
(no class 1/21 & 2/18)**

Time: Mondays 6:30-7:30 pm

Fee: PTSD Residents \$34, Non Resident \$42



Adult Volleyball Ages 18+

Pick up games for adults, men & women!

Coordinator: Michele Rohrman

Location: Penn Middle School Auxiliary Gym

Time: Tuesday & Thursday, 9:00-11:00 pm

**13 Weeks, schedule subject to change,
cancelled when schools are closed:**

Dates: January 8-April 25 (no class 4/2, 4/4 & 4/18)

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



Get Fit Bootcamp Ages 18 & up

Keep your body guessing and challenge yourself differently each class.

Workouts are designed for all fitness levels and will use a variety of gym equipment in addition to other exercises. Improve your overall fitness by working at your pace and having fun!

Instructors: Heide & Justin Heddingler

Location: PTHS Fitness Center

Time: Thursdays, 6:30-7:30 pm

1st 6 week session: January 17-February 21

Fee: PTSD Residents \$34, Non-Residents \$42



Aqua Zumba Fitness

Ages 18 & up

Splash your way into shape with an invigorating, low-impact aquatic exercise program.

Instructor: Heather Johnson

Location: Penn Trafford High School Pool

Time: Tuesdays, 8:00-9:00 pm

1st 6 week session: January 29-March 12 (no 2/12)

OR Time: Thursday, 8:00-9:00 pm

1st 6 week session: January 24-March 7 (no 1/31)

Fee: PTSD Residents \$39 Non-Residents \$47



Zumba!

Ages 14 & up

Ready to party yourself into shape?

Now you're thinkin' Zumba! It's an exhilarating, effective, easy-to-follow, calorie-burning dance fitness party. For the beginner or intermediate, this class is fun fitness for everyone!

Location: Penn Township Ambulance Facility

Instructor: Charlotte Hartman

Time: Tuesday, 6:30-7:30 pm

1st 6 week session: January 15-February 19

Fee: PTSD Residents \$34, Non-Residents \$42



Yoga in the Evening Ages 18 & up

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit.

Come join us for this gentle flow yoga class and see what it's all about! Bring mat, water bottle and towel.

Instructor: TBD/Milissa Dodaro

Location: Penn Township Municipal Building

Time: Tuesdays, 6:30-7:30 pm -

1st 6 week session: January 15, 22, 29, February 12, 19 & 26 (no 2/5)

Fee: PTSD Residents, \$29, Non-residents, \$37



Adult Exercise Classes with Stacia!

Fusion Sculpt—Core Blast—Overdrive—True Body Tone

Ab Attack—Cardio Chaos—FLEX PASS WITH STACIA

Visit our website at www.ptarc.org for more information on Stacia's classes!

To register for any of these adult exercise classes go to www.ptarc.org and click on the "Adult Activity" box. Any questions call 724-744-2171 ext. 204 or 205



PTARC
 2001 MUNICIPAL COURT
 HARRISON CITY, PA 15636
 (724) 744-2171 x 204

Registration Form

This form may be duplicated. Use one registration form for each participant.
 Please note that there are a maximum number of participants for each program.
 Full payment is due at the time of registration.

PARTICIPANT'S NAME _____ MALE FEMALE

STREET ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

E-MAIL ADDRESS _____

PARTICIPANT'S: BIRTH DATE _____ AGE _____ GRADE _____

PLEASE CIRCLE WHERE YOU LIVE: Penn Township Penn Boro Manor Trafford Non-Resident

PARENT'S NAME (if participant is under 18 years of age) _____

DAYTIME PHONE (_____) _____ EVENING/CELL PHONE (_____) _____

Please indicate any medical conditions (including pregnancy) that PTARC and/or the instructor should be aware of:

Check with your physician before beginning any exercise program. Handicapped assistance available upon request.

Program Name <small>For Swimming include level desired</small>	Start or Departure Date	Start or Departure Time	Location	Total Fee per Program
Roster <input type="checkbox"/> Receipt Number _____				

GOT A BUCK FOR PTARC? Add \$1 to your registration fee to help!

*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 all 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.

***PARTICIPANT OR PARENT SIGNATURE**

DATE

Please make checks payable to: **Penn-Trafford Area Recreation Commission or PTARC**

Mail form(s) with payment to: **PTARC**

2001 Municipal Court
 Harrison City, PA 15636
 724-744-2171 ext. 204 or 205
 724-744-2172

After registering, plan on attending! You will only be notified if the program is filled, postponed or cancelled.

Phone Number:

Fax Number:

MasterCard Visa & Discover accepted!

X _____ (cardholder signature)

By signing above I agree to pay PTARC for the amount above and understand that a Third Party convenience fee will apply to my transaction in order for my town/city/state to accept payment via credit card. I further agree that such convenience fee shall be billed to my credit card by Nationwide Payment Solutions (NPS) as a separate transaction and equal to *2.45%(\$3.00 minimum) of the total amount being paid. *Nationwide Payment Solutions is an authorized Level 1 PCI-DSS third party processor of regulated convenience fees.*

Credit Card Number: _____ Exp. Date ____/____/____ MasterCard Visa Discover