



2001 Municipal Court  
 Harrison City, PA 15636  
 (724) 744-2171 x204 or x205  
 (724) 744-2172-fax

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

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

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

## PTARC-YOGA & ZUMBA FITNESS-SECOND SESSION

### Zumba Fitness (Ages 14+)

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 Sheetz

**Location:** McCullough Elementary School

**Date:** Mondays:

November 6 - December 18

(No Class 11/27)

Thursdays:

November 9 - December 21

(No Class 11/23)

**Time:** 6:30 - 7:30 pm

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



### Yoga (Ages 18+)

Yoga is an ancient art based on a harmonizing system of development for the body, mind and spirit. For experienced and beginners, bring water bottle and mat.

**Instructor:** Lindsey Hirshberg

**Location:** Level Green Elementary Multi-Purpose Room

**Date:** Tuesdays:

5 week session: November 14 - December 12

**Time:** 6:30 - 7:30 pm

**Fee:** PTSD Residents \$44      Non Resident \$52



### 2017 PTARC -Yoga & Zumba 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 all claims or causes of action that may arise from this activity. 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.

\*PARENT or Guardian SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

\*\*\*\* Want to pay by Visa, MasterCard or Discover? Check this box and we will call you\*\*\*\*



*Keep top portion*

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

*Make checks  
 Payable to PTARC*