



City of Milford, Connecticut

--Founded 1639 -

70 West River Street – Milford, CT 06460-3317

Tel 203-783-3280 Fax 203-783-3284

www.ci.milford.ct.us

Recreation
Department

PRESS RELEASE

Please release ASAP and repeat until January 4, 2010

October 23, 2009

Contact: Bill Garfield
Recreation Supervisor
203.783.3388 - Phone
203-783-3284 - Fax

MILFORD RECREATION OFFERS WINTER BODY BLAST SCULPTING & DANCE AND FUN WORKOUT CLASSES

The Milford Recreation Department announces its winter Body Blast Sculpting and Dance and Fun Workout sessions for adults with instructor Shelia Frankel beginning on Monday, January 4, 2010. The classes are available to both residents and non-residents.

The Body Blast classes are intended for women who are interested in gently sculpting and re-shaping their bodies while gaining added relaxation, stress reduction and flexibility through light stretching and toning techniques in a fun and friendly atmosphere. All specialized movements are designed to improve your overall well-being and reduce significant inches.

Dance and Fun Workout classes are geared towards dancing your way to fitness while having fun. All classes will give you a full body workout while developing the movements of a dancer. Students will learn techniques and steps as you reduce inches.

The classes will run for 10 weeks and cost \$54 for residents and \$59 for non-residents. The Body Blast class is offered on Monday, Thursday and Friday while the Dance and Fun Workout class is available Tuesday and Friday.

For more information please contact Bill Garfield at the Recreation Department 203.783.3388 or by email bgarfield@ci.milford.ct.us

“Building a Community Through People, Parks, and Programs”
The Benefits Are Endless



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EXERCISE CLASSES – WINTER 2010

Determine your choice of class and check appropriate box below. Classes are limited in size and there are no refunds for missed classes. Class and date selection will be taken on a first come first serve basis. All class will be held at the Margaret Egan Center.

PLEASE INDICATE YOUR CHOICE OF CLASS WITH A CIRCLE AROUND EACH CLASS NUMBER

Please make check payable to **"Milford Recreation Dept."**

#	CLASS	LOCATION	DAYS	DATES	TIMES	INSTRUCTOR	RES.	NON RES
1	Body Blast Sculpting	MEC	Mon.	1/4 – 3/22	6:30 PM	Shelia Frankel	\$54	\$59
2	Body Blast Sculpting	MEC	Thurs.	1/7 – 3/11	6:30 PM	Shelia Frankel	\$54	\$59
3	Body Blast Sculpting	MEC	Fri.	1/8 – 3/12	9:30 AM	Shelia Frankel	\$54	\$59
4	Dance & Fun Workout	MEC	Tues.	1/5 – 3/9	6:30 PM	Shelia Frankel	\$54	\$59
5	Dance & Fun Workout	MEC	Fri.	1/8 – 3/12	10:30 AM	Shelia Frankel	\$54	\$59
6	Freestyle Yoga	MEC	Mon.	1/4 – 3/22	9:30 AM	Shelia Frankel	\$54	\$59

This is your receipt. Fee Paid: \$ _____ Date: _____ By: _____

-----DETACH HERE-----

NAME: _____ TELEPHONE: _____

ADDRESS: _____ DOB: _____

CITY/ZIP: _____ E-MAIL: _____

PLEASE READ THE FOLLOWING STATEMENT AND SIGN BELOW

By my signature, I do hereby assume all risks of personal injury involved in this activity. I do hereby release the City of Milford, the Recreation Department, the instructors and agents of liability and suits at law or in equity resulting from this activity.

SIGNATURE: _____ DATE: _____

#	CLASS	PAYMENT	INITIAL