

# Adult Fitness

**with Certified Personal Trainer and  
Boot Camp Instructor Kelly Pszenny!**

**When:** 6 week series beginning July 8<sup>th</sup> 6:45-7:45am

**Where:** Danvers High School

**Cost:** \$75

If you have any questions please contact Kelly Pszenny at  
[kelpsz@comcast.net](mailto:kelpsz@comcast.net) or at call Kelly 508-523-0242.



This class is a total body workout with lots of variety such as plyometrics, functional training, calisthenics, resistance training and core training with your own body weight along with tubing and other accessories. This class will focus on developing and improving your cardiovascular and strength through creative exercises and activities, all while having a great time.

This class is designed for all levels.

Please bring an exercise mat and a bottle of water to each class.

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Sign up online at [www.danversrec.com](http://www.danversrec.com) or

Please return to Danvers Recreation Town Hall 1 Sylvan St. Danvers, MA 01923

NAME \_\_\_\_\_ Date of Birth: \_\_\_\_\_

ADDRESS \_\_\_\_\_ Phone \_\_\_\_\_

Email address: \_\_\_\_\_

Work Phone \_\_\_\_\_

Emergency# \_\_\_\_\_ Emergency Contact \_\_\_\_\_

*I hold harmless the Town of Danvers, its employees, volunteers, or its agents from any and all injuries that might be sustained by participation in any of the programs. In the event of injury, I grant permission to provide/acquire medical care or assistance. In addition, I hereby give permission for any photographs taken of my child to be used for publicity purposes.*

SIGNATURE: \_\_\_\_\_

Payment Type: Check# \_\_\_\_\_ Visa/MC \_\_\_\_\_ Exp. \_\_\_\_\_