

EXERCISE WITH JOY

Start your day with low impact exercise! Joy Cody has set a program with our senior and beginner population in mind!

Classes will take place on your choice on Tuesdays or Thursdays at 9 am at the Senior Center. The one hour class will run for 10 weeks at a cost of \$60. This program is open to any resident of the Inc. Village of Garden City. Classes begin the week of February 1st. To register, please fill out the form below and submit with payment.

Exercise with Joy! – Winter 2022 Session

Name _____

Address _____

Birthdate _____ Email _____

Phone _____ Emergency _____

I would like to attend: Tuesday _____ Thursday _____

\$60 for each 10 week session.

Please make checks payable to the Inc. Village of Garden City.

I certify that I am in good health and able to participate in the activity listed above. I understand that there are risks associated with participating in sports and hold harmless the Inc. Village of Garden City, its officers, agents and employees.

Signature

Date