

NISSWA PARK & RECREATION

Strength and Flexibility - 9:00 – 10:00 Tues and Thurs classes start January 10th ends February 16th at the Nisswa Community Center

Instructor Sherry Johnson will teach you range of motion exercises, strength, balance and stretching.

Please bring bottled water, towel, 2 small dumbbells (1-3 pounds). The instructor will provide stretching straps.

** Price based on the amount of sessions.

\$50 for 6 sessions (1X/week)

\$80 for 12 sessions (2X/week)

Pilates and Abs – 4:30 – 5:30 Mon and Thurs classes start January 9th ends February 16th at the Nisswa Community Center. Instructor Sherry Johnson

Pilates (strength using body weight) you will get an intense ab workout!

Please bring a mat, towel, and a bottled water.

** Price based on the amount of sessions.

\$50 for 6 sessions (1X/week)

\$80 for 12 sessions (2X/week)

TIME FOR PLAY Ages 6 & Under

Where: Nisswa Community Center

When: Monday & Wednesday starting January 9th ending ???

Time 9:15 – 11:15 am

Price: \$2.00 per child pay at the door.

Parents must stay with their children.

To Register: Mail form to Nisswa Park & Recreation

P.O. Box 410 Nisswa, MN 56468 Phone—218-963-0047

In person 5442 City Hall Street Nisswa, MN 56468

Name: _____

Home Phone: _____ Cell: _____ Work: _____

Emergency: _____

Address: _____ City: _____ Email: _____

Please list any medical conditions the instructor should be aware of:

Strength and Flexibility___Pilates and Abs___Time for Play___No registration required, pay at the door!

I understand that the City of Nisswa and its instructors do not carry any liability for any injury which may be suffered by the aforementioned individual arising out of, or in any way connected with, his/her participation in this activity.

Signature Participant_____

Exercise class sizes are limited and registration is accepted on a first-come basis.

Weather Cancellations: Will be sent via e-mail. Make up classes will be added at the end of the sessions.