

Participant's name _____ age _____ sex _____
DOB _____

Parent/Guardian Name (if participant is under 18) _____

Mailing Address _____

Town _____ ST _____ Zip _____

Email _____

Would you like to be on the GYC Email List Y N

Home Phone _____

Cell _____ Work _____

Emergency Contacts

Name _____ Relationship _____

Phone _____

Please list any allergies/medical problems _____

Participation in this program may involve risk of injury. As a parent, guardian or participant, I am aware of these hazards and my ability to participate. In consideration for participation in the program listed above, I hereby for myself, my heirs, executors and administrators waive and release all rights against the Gilford Youth Center, the Gilford Community Church, its officers, employees, agents, volunteers, and supervisors, except in the case of their sole negligence, from all losses, injury, damages, fees, and other expenses, arising out of or in connection with participation in the program and activities.

In addition, I give my permission for me, or my child to be treated by qualified medical personnel in the event that the above named parent/guardian or emergency contact cannot be reached at the phone numbers provided.

As a parent, guardian or participant, I allow the Gilford Youth Center to take my or my child's picture/video for advertising and promotional purposes.

Signature of Parent/Guardian

date



Strength & Stretch Class



May 2010

Strength and Stretch Class

Strength & Stretch is for individuals of all ages and abilities. It is structured toward those who are looking for a good workout that would boost your immunity system, increase the flexibility of your body, help in stress management, and strengthen, lengthen, and tone muscles. Utilizing your body, a mat, and a dyna-band,

Strength & Stretch will help improve the flexibility of the body thus enhancing the range of motion of all body parts and increase the core body strength. Regular stretch and strength exercise not only strengthens the muscles but also helps in healing of the troubled muscles, all while working towards physical and mental balance.



Schedule

Sundays
May 2
May 9
May 16
May 23
May 30
June 6

Class Time: 8:00am
Duration: 1 Hour

Ages:
All Ages

Cost: FREE!!
(donations to the GYC will be greatly appreciated)

What to bring:
Comfortable Clothing
Running Shoes (Sneakers)
Water Bottle (optional)

Benefits of This Class:

- Decrease in overall stress levels and muscle spasms
- Strengthening of muscles
- Increase in flexibility of the body and the range of motion of body parts
- Improves overall health and balance, co-ordination of mind and body.
- Improves circulation in the body and overall performance levels
- It also help in reducing the pain in joints and muscles
- Decrease risk of coronary heart diseases and helps fight cholesterol
- Increase in the basal metabolic rate

About the Instructor

Heather Hickey is certified as an AFAA Group Fitness Instructor and she's been teaching since 1998. She is also certified in Yoga and Indoor Cycle and enjoys teaching strength training and yoga classes to all ages and abilities. Heather has lived in Gilford, NH since 1990. She and her husband Tom own and operate the Weirs Beach Go-Kart Track. Heather also loves being a Mom and Step-Mom to Casey, Kaylie, Savannah and her Shih-Tzu Muffin.