



# Viva Mat Pilates Classes

Effective, Affordable Fitness that will help you turn flab into muscle and energize your life!

Slim your waist, stomach and hips; strengthen and tone your muscles; relieve back, wrist, neck and shoulder pain and melt away stress. Non-jarring exercises are modified to fit each student's body and posture. Class is for men/women, ages 13+. All fitness levels welcome.

Wear comfortable exercise attire, bring an exercise mat, large towel and medium or regular strength Pilates band. Go to [www.vivapilates.net](http://www.vivapilates.net) for band purchase info.

**Mat Class #1 - Thursdays 7-8 pm. Oct 7 - Dec 9, Westampton Middle School cafeteria, 700 Rancocas Road**

**Mat Class #2 - Saturdays 7:30 - 8:30 am. Oct 10 - Dec 12 Westampton Recreation Center, 50 Springside Road**

Cost: \$80 for one class a week, 8 weeks  
\$130 for two classes a week, 8 weeks

Use the registration form below to sign up today and reserve your space. Please contact Viva Pilates at 856-751-0095 with any questions about the program. Registration can be made in person at Westampton Township, or mailed with payment to: Westampton Township, 710 Rancocas Road, Westampton, NJ 08060

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

\_\_\_\_\_ Mat Class #1 \_\_\_\_\_ Mat Class #2. I have enclosed check # \_\_\_\_\_ in the amount of \$\_\_\_\_\_ payable to Westampton Township for the classes checked above.

**CONSENT:** I acknowledge that any exercise could cause injury to me. I assume all risks of injury, which may result from any VIVA PILATES LLC program. It is my responsibility to inform VIVA PILATES LLC of any conditions that may affect my ability to do any VIVA PILATES' exercise program, especially back, neck or shoulder problems. I agree to waive and release VIVA PILATES LLC and its instructors from any claims and damages resulting from my participation in any VIVA PILATES LLC program.

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Printed Name Signature Date