

# Ridgewood Parks and Recreation



with support from the  
**National Recreation**



## and Parks Association and the **Centers for Disease Control and Prevention** presents: **“FIT & STRONG!”**

To help promote Healthy Aging in Parks, we invite older adults to join us for this amazing program that combines physical activity with health education for those sedentary adults with lower extremity osteoarthritis and other chronic diseases.

The program is 12 weeks long, meeting twice a week.

Anne Zusy Youth Lounge, Ridgewood Community Center

Village Hall, 131 N. Maple Ave., Ridgewood, NJ

**Mondays - 12:30pm to 2:00pm    Wednesdays - 11:30am to 1:00pm**

**March 25, 27**

**April 1, 3, 8, 10, 15, 17, 22, 24, 29**

**May 1, 6, 8, 13, 15, 20, 22, (No 27), (No 29)**

**June 3, 5, 10, 12, 17, 19**

**\$50/24 classes (\$60 non-residents)**

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**Registration Form**

In person or by mail: The Stable, 259 N. Maple Ave., Ridgewood, NJ 07450 Tel: 201-670-5560

Please make checks payable to: **Ridgewood Parks and Recreation**

Name \_\_\_\_\_

Telephone \_\_\_\_\_

Address \_\_\_\_\_

Program: Fit & Strong

Email \_\_\_\_\_

Check # \_\_\_\_\_ Cash \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Telephone \_\_\_\_\_ Allergies/Conditions \_\_\_\_\_

I agree to participate in the above Village approved Recreation activity. I assume all risks and hazards incidental to such participation. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors, and persons involved in the activities for any claim arising out of an injury, whether the result of negligence or for any other cause, except to the extent and in the amount covered by accident insurance.

Participant Signature \_\_\_\_\_