

Senior Aerobics

Parents of employees are eligible to attend, family badge needed for main gate entry.

This is a low impact, fitness & aerobics based class for active seniors that will include strength and balance, stretching and toning, which is perfect for folks with arthritis. Participants should check with their physician before starting any exercise program. Classes will be held in our pool (bldg 478) on Wednesday's from 9-10am beginning Sept 5 thru Dec 19, 2012. The fee for this 16 week class is \$80. Advanced registration is necessary and cannot be pro-rated. ***Participants should check with their physician before starting any exercise program.*** Please make checks payable to BERA and mail to: Recreation Office, Bldg 400A.

WHEN: Wednesday's, Sept 5 - Dec 19, 2012

FEE: \$80 for 16 weeks

TIME: 9-10am

WHERE: Pool - Bldg 478

----- Complete the registration below and return with your payment -----

Senior Aerobics

Sept 5 - Dec 19, 2012 from 9-10am

Name: _____
(Please print)

Email address: _____

BNL Life/Guest Number: _____

Home Phone Number: _____

Emergency Contact Name & Phone Number:

Make checks payable to BERA and mail to: Recreation Office, Bldg 400A

Participation in BERA events is limited to employees, their adult children or parents of employees and retirees.

Participants should check with their physician before starting any exercise program.