



The Great Green Gym

Exercise in Preservation Parks: The Great Green Gym

Get fit in the beauty of the parks!

Spring 2013



Restore and Relax — all ages

Wednesdays, 6:30 p.m.

March 6, 13, 20 & 27; and April 3, 10, 17 & 24

Registration deadline: Feb. 25

Take time to rejuvenate! We'll set our minds and bodies free from stress, using massage, breathing and gentle stretches. Bring a yoga mat, and small pillow and blanket for final relaxation.

Deer Haven Preserve, 4183 Liberty Road, Delaware 43015

Instructor: Jill Howard, Certified Exercise Physiologist

Session fee: \$30 for 8-week session

Balance and Flex — all ages

Saturdays, 9 a.m.

March 2, 9, 16, 23 & 30; and April 6, 13 & 20

Registration deadline: Feb. 25

Muscles tight? Balance off? Want to move more easily? We'll balance, flex and bend our bodies to gain strength, balance and flexibility. Bring a yoga mat, and a small pillow and blanket for final relaxation.

Session fee: \$30 for 8-week session

Deer Haven Preserve, 4183 Liberty Road, Delaware 43015

Instructor: Jill Howard, Certified Exercise Physiologist



The Great Green Gym 2013 Registration Form

Name _____ Age, if under 18 _____

Address _____

Phone number _____ Alternate phone number _____

Session name(s) and dates

Fees paid _____

Release of Liability and Use of Image

I, the undersigned, agree to release and hold harmless Preservation Parks of Delaware County (PPDC), employees, volunteers, officers and agents, from and in all respect to me or my child's direct or indirect liabilities, claims, damages, losses or injuries, and to indemnify PPDC against attorney's fees arising from any action brought against the PPDC, et al. as a result of my (or my child's) participation in the Great Green Gym, unless said liabilities, claims, damages, losses or injuries are a result of the willful acts of the PPDC, et al.

PHOTOGRAPHY WAIVER: _____ I give my permission _____ I do NOT give my permission
to use my (or my child's) photograph in promotional materials for Preservation Parks of Delaware County.

Participants under 18 years of age must have this form signed by a parent
or guardian to participate.

Participant's signature: _____ Date: _____

(Parent's signature, if participant is under 18)

Makes checks payable to Preservation Parks of Delaware County, and mail to:
2656 Hogback Road, Sunbury, Ohio, 43074

Payment is due with the registration materials. Fees are non-refundable after the payment due date.