



## Strength Training and Pilates Wednesdays, Feb. 17–May 11, 2020

This class, which is designed for seniors, incorporates the six original Pilates principles: concentration, control, center, flow, precision and breathing with an emphasis on core strength. Resistance bands are provided. Please bring light weights (2-3 lbs.) and a mat to class.

**Instructor Candace Robertson:** Instructor Candace Robertson has taught this class for years at regional venues and developed a loyal following. Candy works with students individually and adapts the exercises as needed to address physical limitations.

### REGISTRATION

Please register as soon as possible, so we have an accurate enrollment count.

***Please check the category that describes your membership status:***

|  |   |
|--|---|
| <input type="checkbox"/> CC Village Resident, CC@H Member/<br>Associate/Friend (\$162)<br><br><b>or</b><br><input type="checkbox"/> community member (\$180) | <b>Strength Training &amp; Pilates</b><br>Feb. 17–May 11, 2020<br>12-week session (No class March 2.)<br>Mondays, 12:00 pm–12:45 pm |
|--|---|

\_\_\_\_\_  
Name

\_\_\_\_\_  
Telephone

\_\_\_\_\_  
Street

\_\_\_\_\_  
E-mail

\_\_\_\_\_  
City, State, Zip Code

- Payment may be made on the web site, [chevychaseathome.org](http://chevychaseathome.org), by calling (301) 657-3115, by mail to Chevy Chase At Home, or in person on the first day of class.
- Please deliver the completed Registration Form and signed Waiver & Release (below/reverse) as follows:
  - *mail to* ..... Chevy Chase At Home  
P.O. Box 15102, Chevy Chase, MD 20825; Or
  - *scan and email to* .....[info@chevychaseathome.org](mailto:info@chevychaseathome.org)
  - CC Village Residents may drop off at CC Village Hall.

**Questions?** Email: [info@chevychaseathome.org](mailto:info@chevychaseathome.org), or call 301-657-3115.

See Reverse for Waiver.

## Waiver and Release

In consideration of being permitted to participate in the following course/activity, sponsored by Chevy Chase Village and provided through Chevy Chase At Home: **Strength Training & Pilates**,

1. I recognize that Chevy Chase Village is not responsible for the content or teaching of this course/activity and makes no warranties and specifically disclaims any warranties with respect thereto.
2. I am participating in the course/activity upon the express agreement and understanding that I hereby waive and release Chevy Chase Village, its officers, managers, employees and agents from any and all claims, costs, liabilities, expenses or judgments including attorneys' fees and court costs (herein, collectively referred to as "claims") arising from my participation in the aforesaid course/activity and any illness, injury or death resulting therefrom, and I hereby agree to indemnify and hold harmless Chevy Chase Village, its officers, managers, employees and agents from and against all such claims, except claims proximately caused by the gross negligence or willful misconduct of Chevy Chase Village.
3. I am over the age of eighteen (18) years and competent to enter into this waiver and release. I hereby execute and deliver this waiver and release voluntarily and with full understanding of the contents and consequences thereof to induce Chevy Chase Village to permit me to participate in the program at Chevy Chase Village Hall.

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

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Street

\_\_\_\_\_  
E-mail Address

\_\_\_\_\_  
City, State, Zip Code

\_\_\_\_\_  
Home Telephone Number

\_\_\_\_\_  
Cell Phone Number

See Reverse for Registration.