

Wall Recreation Presents:

# STRONGER SENIORS FITNESS PROGRAM Virtual Exercise



Join this popular and highly enjoyable exercise program!  
Instructor: Joanne McKenna-Ballack, owner of The Studio

Stronger Seniors is held 3 days a week, Wednesdays, Thursdays & Fridays

*\*Class will be held virtually on your desktop computer, laptop or phone\**

Class runs from 8:30a—9:15a

**SEPTEMBER 2—NOVEMBER 6**

Wall Residents - \$20 per person

Non-Residents - \$25 per person

To register please go to <https://register.communitypass.net/wall>

*Fee is non-refundable unless program is cancelled by the Recreation Dept.  
Fee will not be pro-rated when joining after the session has started.*

SESSION CONSISTS OF 10 WEEKS

**SENIORS MUST PRE-REGISTER THROUGH THE RECREATION DEPARTMENT**

Stronger Seniors: September 2—November 6

\$20 Wall Residents - \$25 Non-residents

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE # \_\_\_\_\_ EMERGENCY # \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

I hereby certify that I am physically capable to participate in the senior exercise program. Please Initial \_\_\_\_\_



WallRecreation