



# Fall Pilates 2



The Cecil County Parks and Recreation Department in partnership with professional instruction from  
**Tricia Hook**

presents the Fall Session of Pilates classes to be held at  
the Cecil Community Center 17 Wilson Road Rising Sun, MD 21911

**PILATES stretches and strengthens the muscles that support the neck, shoulders, abs, hips and thighs to bring balance to the body.  
Pilates improves posture as it realigns the spine in order to decrease tension.  
Increase flexibility & strengthen the body from the inside out.**

Classes will be held on

**Monday at 5:00 pm  
Thursdays at 9:30 am**

Mondays Class dates: Nov. 2, 9, 16, 23, 30, Dec. 7, 14, 21  
Thursdays class dates: October 22, 29, Nov. 5, 12, 19, (No 26) Dec. 3, 10, 17

Cost for an eight week session - \$40.00  
Drop-in day rate—\$8.00

\*\*\*\* It is recommended you bring water, a towel and a mat to the class \*\*\*\*

To register complete the form below and submit it to  
Cecil County Parks and Recreation Department  
17 Wilson Road  
Rising Sun, Maryland 21911  
(410) 392-4537

Make Checks payable to "Treasurer of Cecil County"

For more information or if special accommodations are needed call (410) 658-3000 or (410) 392-4537

\*\*\* There will be a \$5.00 cancellation fee for each refund \*\*\*

## Fall Pilates - 2

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Email \_\_\_\_\_ Amount enclosed \_\_\_\_\_

I, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Cecil County Government its representatives, successors, and assigns for any and all injuries suffered by myself at the activities for which I am requesting. I give permission for myself to be photographed while participating or attending a Parks & Recreation activity. I understand that photos may be used in future publicity.

Signature \_\_\_\_\_

Date \_\_\_\_\_

