



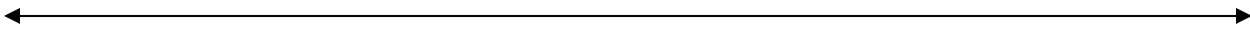
# Ball & Tone Exercise

The Cecil County Parks & Recreation Department is accepting registration for a new exercise class called Ball & Tone. This class, to be held in the Cecil Arena,

at 2706 North East Road in North East, will meet Tuesdays from 1- 2 pm for an eight week session starting January 6th.

Participants will bring their own 55'' exercise ball and small hand held weights to class. The fee for the class is \$30.00. To register, complete the form below and return it with payment to:  
17 Wilson Road, Rising Sun, MD 21911

**Class Dates:** Jan, 6, 13, 20, 27, Feb., 3, 10, 17, 24



Name: \_\_\_\_\_

Address \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_



**Make Checks payable to: Treasurer of Cecil County**

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

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

For additional information or if special accommodations are needed please call 410-392-4537