



# Fall 2 Ball & Tone Exercise

The Cecil County Parks & Recreation Department is accepting registration for Ball & Tone.

Ball & Tone is an hour long fitness class incorporating a fitness ball and hand weights to strengthen and tone muscles.

Instructor: Tricia Hook

Class is held in the Cecil Arena,  
2706 North East Road, North East MD 21901  
(410) 392-4537 or (410) 658-3000

Class will meet Tuesday morning classes are 9:30 am—10:30 am  
Wednesday evenings from 4:30 pm - 5:30 pm

**Tuesday Class Dates:** Nov. 3, 10, 17, 24, Dec. 1, 8, 15 & 22

**Wednesday Class Dates:** Oct. 21, 28, Nov. 4, 11, 18, (no 25), Dec. 2, 9 & 16

Participants please bring your own 55" exercise ball and small hand held weights to class.  
The fee for an 8 week session is \$40.00 and drop in rate is \$8.00 per class.

To register, complete the form below and return it with payment to:  
17 Wilson Road, Rising Sun, MD 21911

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

## Ball n' Tone

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

Address \_\_\_\_\_

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

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

Please Circle: Tuesday Morning or Wednesday Evening

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

**Ball & Tone Session ( 80024 )**

There will be a \$5.00 cancellation fee for each refund  
For additional information or if special accommodations are needed please call 410-392-4537



