



Hart to Heart Fitness Presents
WINTER FITNESS 2017



SAVE THIS SCHEDULE ♥ Call Diane at 456-1058
www.harttoheartfitness.org aerobic2@aol.com

Aerobic Dance Classes start Monday, January 9, 2017

Blessed Virgin Mary Church
250 Old Maxwell Rd., Latham NY 12110 Mon/Wed 5:30p

Pinegrove Methodist Church
1580 Central Avenue, Colonie NY 12205 Mon/Wed 7:15p

**NO CLASS on January 16, February 20, March 1*

10 weeks - \$114. if prepaid by Wednesday, November 30, 2016
+\$10 after November 30, 2016

New Student Rate: 10 weeks - \$100.

Winter Fitness Sampler: 6 classes - \$48.00 if prepaid by Wednesday, November 30, 2016 +\$10 after November 30, 2016. Thursdays at 6:15pm @ Pinegrove Methodist Church (Minimum enrollment 25)

Aerobic Dance : January 19 and February 9

Strongstep: January 26 and February 23

Classic Abs, Strength and Relaxation: February 2 and March 2

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**Mat Pilates : 8 classes - \$40.00**

Forest Park Elementary Cafeteria Tuesday 7:00p

100 Forest Drive, Colonie, NY 12205

Class dates: January 31, February 7, 14, 28; March 7, 14, 21, 28

**PLEASE READ:**

**Note:** You will be called if classes are cancelled due to inclement weather.

**Note:** \$35.00 fee for returned checks.

**Note:** No refunds/credits after December 31, 2016, including medical.

**Note:** Please provide a separate check for each course.

**Note:** Please advise Diane or Jeanette immediately if there are any changes to your health status including medications.

**Note:** Please advise if you have a change of address, phone number or Emergency contact.

**Note:** Not responsible for lost items.

**Note:** No exceptions to late fee.



Complete form, detach & return to instructor.



**Winter 2017 REGISTRATION FORM**

Please print

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State: \_\_\_\_\_  
Zip: \_\_\_\_\_  
Home/Cell Phone \_\_\_\_\_  
Work Phone: \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_  
Emergency Contact (if changed) \_\_\_\_\_  
Payment Method: Check \_\_\_\_\_ Cash \_\_\_\_\_

Please select payment amount and class choice.

*Separate check for each class please.*

**Aerobic Dance**

**Blessed Virgin Mary Church Mon/Wed 5:30p**

Pre-reg: \$114 \_\_\_\_\_ After 11/30/16+\$10 \_\_\_\_\_

**PineGrove Methodist Church Mon/Wed 7:15p**

Pre-reg: \$114 \_\_\_\_\_ After 11/30/16+\$10 \_\_\_\_\_

**Winter Fitness Sampler – Pinegrove Church- Thurs. 6:15p**

6 classes - \$48 \_\_\_\_\_ After 11/30/16 +\$10.

**Mat Pilates – Forest Park Elementary: Tues. 7:00p**

8 classes - \$40 \_\_\_\_\_

Make checks payable to Diane Hart. Return check and registration to Instructor or mail to:

**Diane Hart**  
**10 Kings Mill Court**  
**Albany, NY 12205-3632**

Check must be received by November 30, 2016 to receive discount and reserve your spot. \$10. additional applies after November 30, 2016 (sorry, no exceptions). Please allow 5 business days if mailing check so that late fees are not incurred.