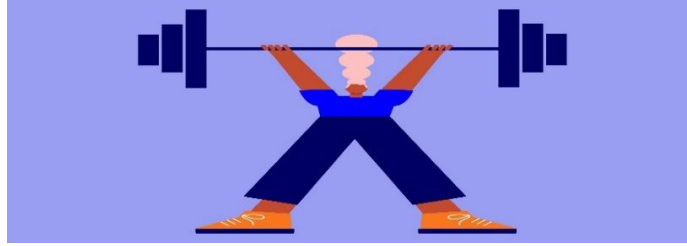


Strength and Stretch with Lucy



Join Lucy in this active and fun class. This program helps your body maintain muscle strength, balance, and flexibility. Exercises are done using the chair for support and include a stretching segment to achieve a total body workout. Light Weights are optional but preferred. Class can be modified for all levels.

INSTRUCTOR: Lucy Pallogudis

LOCATION: Youth Center - Lower Level

DAY/TIME: Thursdays 1:00 - 2:00

DATES: January 22nd to March 26th **No Class on 2/19, 3/12, 3/19**

FEES: \$40.00 Village Residents (VBNR) **Registration starts December 10th**
\$45.00 School District Residents (BMSD)/Non-Residents (NONR) **Registration starts December 17th**

REGISTRATION: **Registration begins Monday, December 10th at 9:00 am**

Strength and Stretch – Winter 2026

Fees: \$40.00 Village of Briarcliff Residents and \$45.00 School District / Non-resident (BMSD/NONR)

NAME: _____ PHONE: _____

The undersigned hereby recognizes that there are inherent risks involved with participation in this program and agrees to release and hold harmless the Village of Briarcliff Manor, its employees, contractors and volunteers, of any liability whatsoever in connection with any damages and/or injuries that the abovenamed person may sustain as a result of participation. If medical emergency arises, instructors will call 911. I give permission to be transported to hospital and necessary treatment provided by hospital medical staff. I have read and fully understand the above acknowledgement of risk, release / indemnification and covenant not to sue. I have signed this document of my own free will, and agree to the terms outlined herein.

Signature_____