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# REGISTRATION

Parent Name

Birthday

Address

City

State

Zip

E-Mail

Home Phone

Cell Phone

Emergency Contact (Name and Number)

Child's Name

Age

Child's Name

Age

\*\*\*\*\*

Current Fitness Level: (Please Circle)

Low

Medium

High

What type of Birth did you have? (Please Circle)

Vaginal

Cesarean

Are you currently pregnant\*? (Please Circle) Yes No

*\*Note: Please inform your instructor if you should get pregnant during this program.*

Please share any questions, health concern or injuries:

## There's More at Tyngsboro Sports Center



SoccerKicks

Baseball Sluggers

Softball Sluggers

Multi-Sports

Adult Sports

Batting Cages

Birthday Parties

Tons of Fun Open Play

Indoor Golf Driving Range



For more information

Call (978) 649-9393

[www.tyngsborosportscenter.com](http://www.tyngsborosportscenter.com)

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# MOMMY Rocks!

Fitness for Moms,  
Fun for Kids



A Fitness class for moms  
geared towards any  
fitness level.

**Tyngsboro Sports Center**  
18 Progress Avenue  
1/2 Mile off of Exit 35/Rt. 3  
Tyngsboro, MA 01879  
(978) 649-9393  
[www.tyngsborosportscenter.com](http://www.tyngsborosportscenter.com)



## MOMMY Rocks

### Class Description:

This class will help moms get strong, lean and energized with fun total body workouts.

- Warm-up
- Short bouts of cardiovascular exercise
- Functional strength/resistance training
- Core strengthening
- Stretching



## Fitness for Moms...

**MOMMY Rocks** is a fitness class that allows moms to workout with the added comfort of having their kids with them!

**MOMMY Rocks** will give moms the opportunity to meet other moms and establish exercise as a healthy way of living.

Classes are appropriate and geared towards any fitness level.

## Fun for Kids...

Finally, a class where toddlers and pre-schoolers can have fun and play while mom works out! During class kids get to play with balls, hula hoops, tunnels, other kids and more!

**MOMMY Rocks** is the perfect fit for new moms or moms of multiples!!!

# TRY YOUR FIRST CLASS FOR FREE!!!

Led by an Exercise Physiologist/Group Exercise Instructor

## Join Anytime!

### Questions?

Email:

[mommYROcks@tyngsborosportscenter.com](mailto:mommYROcks@tyngsborosportscenter.com)

Or Call 978-649-9393



Children 6 weeks to pre-school age are welcome

[www.tyngsborosportscenter.com](http://www.tyngsborosportscenter.com)

Participants are asked to be cleared by a doctor before starting this exercise program.