



**Township of Cedar Grove
Recreation Department**
525 Pompton Ave. Cedar Grove, NJ 07009
(973) 239-1410 x220

Adult Yoga

**FOR CANCELLATIONS DUE TO INCLEMENT WEATHER;
“LIKE” US ON FACEBOOK, www.facebook.com/cedargroverec or
“FOLLOW” US ON TWITTER, @CedarGroveRec**

- **Who:** Adults 18 years+ - Please bring your own yoga mat
- **Where:** Cedar Grove Community Center
- **When:** Wednesday Evenings **OR** Friday Mornings
Wednesdays – Sept. 5 (skip 9/12), 19, 26, Oct. 3, 10, 17, 24 (skip 10/31), Nov. 7, 14, 21
Fridays – Sept. 14, 21, 28, Oct. 5, 12, 19, 26, Nov. 2, (skip 11/9), 16, (skip 11/23), Dec. 7
- **Time:** Wednesdays: 6:30-7:30pm; Fridays: 9:00-10:00am
- **Fee:** \$55.00/person – \$10 late fee after 9/7/18
CHECKS MADE PAYABLE TO TOWNSHIP OF CEDAR GROVE

Description: This program will be instructed by Stacy Valdes-Davis a resident of Cedar Grove and a certified Yoga instructor for 10+ years. Yoga is designed to improve the health, performance, and mental acuity of individuals interested in improving their level of fitness.

Adult Yoga – Fall 2018

NAME _____

ADDRESS _____ HOME PHONE _____

CELL PHONE _____ EMERGENCY CONTACT _____

EMAIL _____ PREFERRED HOSPITAL _____

Any Allergies/Health Conditions we should be aware of? (If *Yes*, explain) _____

PLEASE CHECK CLASS SELECTION: Wednesday (P.M.) _____ Friday (A.M.) _____

I will not hold Cedar Grove Township, Cedar Grove Recreation or any of their representatives responsible for any loss or injury I may incur while playing or practicing. I am in good health and able to participate without restriction. I also authorize Cedar Grove Recreation Department personnel/coaches to contact appropriate emergency personnel, should I need medical assistance.

Signature _____

Date _____

\$55.00