



**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,
“FOLLOW” US ON TWITTER, @CedarGroveRec OR call Weather Hotline #973-230-9944**

- **Who:** Adults 18 years+ - Please bring your own yoga mat
- **Where:** Cedar Grove Community Center
- **When:** Wednesday Evenings OR Friday Mornings
Wednesdays – Nov. 28, Dec. 5, 12, 19, (skip 12/26), Jan. 2, 9, 16, 23, 30, Feb. 6
Fridays – Dec. 14, 21, (skip 12/28), Jan. 4, 11, 18, 25, Feb. 1, 8, 15, 22
- **Time:** Wednesdays: 6:30-7:30pm; Fridays: 9:00-10:00am
- **Fee:** \$55.00/person – \$10 late fee after 11/16/18
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 – Winter 2018-19

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