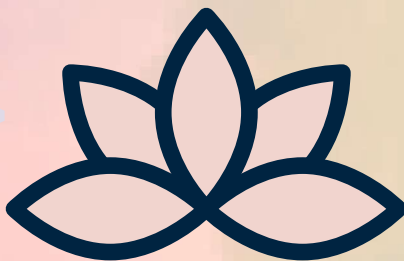


YOGA CLASS

Scan Here to Register on MyRec



With Joy Provenzano

4 weeks of Monday classes start June 19th

4 weeks of Wednesday classes start June 21st

7:00 – 8:00 PM

MIDDLESEX RECREATION CENTER

The cost of the Summer session: Mondays \$40, Wednesdays \$40, or both sessions \$65

Drop-ins cost \$15 per session

All Levels Welcome

The Recreation Dept. accepts cash, credit or personal checks made out to "Middlesex Recreation Dept."
Drop-In Checks must be made out to MIDDLESEX RECREATION DEPARTMENT.

Please also create an account via MyRec.

Please bring yoga mat, water & yoga blocks. Avoid eating 30 minutes prior to class.

Ages 16+ are eligible for registration.

Yoga is a set of practices which help lead us toward a healthy mind in a healthy body.

We will link breath, movement, and mindfulness.

Wednesday's class will be a foundations class. This class incorporates simple flowing sequences to warm the body, as well as slower paced movements focusing on alignment, balance, flexibility, strength, and breathing meditation. This will be followed by activities for the muscles and joints.

Name _____ Contact # _____

Address _____ City _____ St. _____ Zip _____

Email Address (PRINT clearly) _____

Emerg. Contact _____ Ph # _____ H / C / W _____

By signing this form, I desire to engage voluntarily in this exercise program being offered by the Middlesex Recreation Department. In consideration of my participation in the exercise classes, I do hereby agree to hold free from any and all liability, the exercise instructors, the sponsoring organization, or the Borough of Middlesex, and do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me arising out of/or connected with my participation.

Dates during which release is granted FROM: June 2023- July 2023. In your best interest, we recommend that you have your physician give approval for you to be a participant in this class.

Signature

Date