

Township of River Vale Adult Exercise Classes

(Adults must be over the age of 18 to participate)

Fee: \$52.50 (for 1 class of seven sessions) Yoga

**Tuesdays Kripalu Yoga 8-9pm at the Community Center
4/12, 4/26, 5/3, 5/10, 5/17, 5/24 and 5/31**

Registration Information:

Name: _____

Age: _____

Address: _____

Phone: _____ cellphone: _____

E-mail: _____

Do you have any medical issues that may affect your ability to exercise? _____

If yes, please explain: _____

Has a physician ever instructed you to abstain from exercise for any reason?

If yes, please provide a written authorization from your physician stating you are able to participate in an exercise class.

Fee enclosed \$ _____ Check # _____ (payable to **Township of River Vale**)

Signature

Date

You may bring your registration form and check to the first class. Please email me to reserve your spot at cissackedes@rivervalenj.org