

# PARENT / TEEN YOGA TONE 2011



Join us for a 6-week session to tone and strengthen your muscles while increasing balance and flexibility using basic yoga postures. This is a great way for parents and their teenagers, **ages 12 & up**, to get fit and spend time together!

**Instructor:** *Dawn Casey*

- WHEN?** Mondays / March 7—April 11
- WHERE?** Wall Municipal Building / lower level
- TIME?** 6:00—7:00 p.m.
- COST?** **Residents:** \$75 / 1 parent and child  
\$105 / 1 parent and 2 children  
**Non-Residents:** \$85 / 1 parent and child  
\$115 / 1 parent and 2 children
- DEADLINE?** Feb 28—You must pre-register at the Recreation office prior to the deadline.

Registrations will be accepted after the deadline if a minimum of 5 couples has been met.

**Please mail & make checks payable to:**  
Wall Recreation—2700 Allaire Rd—Wall, NJ 07719

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**Parent/Teen Yoga Tone 2011**                      **Mar—Apr**                      **Residents/\$75—\$105**  
**Non-Residents/\$85—\$115**

Last Name \_\_\_\_\_ Parent's 1st Name \_\_\_\_\_

Teen's 1st Name \_\_\_\_\_ Teen's Age \_\_\_\_\_

Phone # \_\_\_\_\_ Emergency # \_\_\_\_\_

E-Mail Address \_\_\_\_\_

I hereby certify that we are physically capable of participating in the Parent/Teen Yoga program.

Parent Signature \_\_\_\_\_

Date Paid \_\_\_\_\_ Check # \_\_\_\_\_ Check Amt \_\_\_\_\_ Cash Amt \_\_\_\_\_