



YOGA TONE 2010

Join us for a **6-week** session to tone and strengthen your muscles while increasing balance and flexibility using basic yoga postures. Instructor: Dawn Casey

WHEN? Mondays / Aug 2—Sep 13 (no class 9/6)

WHERE? Wall Municipal Building / lower level

TIME? 7—8 PM

COST? \$45 / Residents
\$55 / Non-residents

DEADLINE? July 26—You **must** pre-register at the Recreation office prior to the deadline.

Registrations will be accepted after the deadline if a minimum of 8 students has been met.

Please mail & make checks payable to:

Wall Recreation—2700 Allaire Rd.—Wall, NJ 07719

Cut here _____

Yoga Tone **Aug—Sep 2010** **\$45/Residents—\$55/Non-residents**

NAME _____

ADDRESS _____ **TOWN** _____ **ZIP** _____

PHONE # _____ **EMERG #** _____

E-MAIL ADDRESS _____

I hereby certify that I am physically capable of participating in the Yoga Tone Program. .