Wall Recreation Department Presents:

YOGA AND YOU

Learn to relax and gain inner strength through the efforts of yoga. Long known as a stress release, as well as a method toward total fitness, this **6-week** program will be held under the direction of Louise Maresca.

WHEN? Mondays / September 13—October 25, 2010
No class October 11th

WHERE? Municipal Building / lower level—center room

TIME? 9:30—11:00 AM

FEE? $55 for residents
$65 for non-residents

DEADLINE? September 7, 2010

Registrations will be accepted after the deadline if a minimum of 9 students has been met.

Please mail & make checks payable to:
Wall Recreation—2700 Allaire Rd—Wall, NJ 07719 / 732-449-8444, ext 251

Equipment suggested: Exercise mat and/or towel

Cut here_____

YOGA AND YOU **SEP—OCT, 2010** **$55/RESIDENTS**
$65/NON-RESIDENTS

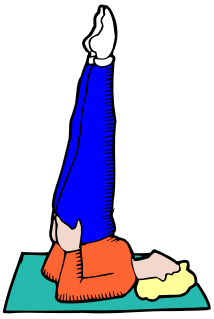
NAME_____

ADDRESS_____ZIP_____

PHONE #_____EMERG #_____

E-MAIL ADDRESS_____

I hereby certify that I am physically capable of participating in the Yoga & You program.

Signature_____

Date Paid_____Check #_____Cash_____