



# YOGA TONE 2012

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?** Mon / May 14— June 25 (no class 5/28)  
Thu / May 17—June 21

**WHERE?** Wall Municipal Building / lower level

**TIME?** 7—8 PM

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

**DEADLINE?** May 7—You **must** pre-register at the Recreation office prior to the deadline.

**Please mail & make checks payable to:**

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

*Fee is non-refundable unless program is cancelled by the Recreation Department. Credit will be issued for any Wall Recreation program.*

Cut here \_\_\_\_\_

**Yoga Tone**                      **May—June 2012**                      **\$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. .

Signature \_\_\_\_\_

I will be attending: Mon \_\_\_\_\_ Thur \_\_\_\_\_

Date Paid \_\_\_\_\_ Check # \_\_\_\_\_ Amount \_\_\_\_\_ Cash Amount \_\_\_\_\_