



Lincoln Park Recreation
presents...



Balanced Body

and / or

YOGA

Winter
2010

Classes Begin
Saturday
January 23

BALANCED BODY: This class is a combo of pilates and strength training using resistance bands and LIGHT weights and pilates. In this new class, you will begin to develop muscular strength and endurance, increase joint mobility, flexibility, balance, and body awareness, improve posture and alignment. No prior experience or particular level of fitness is necessary.

YOGA: this is a gentle form of physical fitness that applies to people of all ages. It is the oldest practice that stresses the importance of the mind/body connection. No prior experience or particular level of fitness is necessary. The exercises in this class will teach the basic elements of Yoga to assist in improving your physical well being.

SATURDAY MORNINGS BEGINNING JANUARY 23, 2010—June 2010

(no classes February 27, March 27, April 3, May 29 or otherwise posted)

BALANCED BODY: 8:30 - 9:30am

YOGA: 9:30 - 10:30am

Fees: 8-session package \$80 or \$12 drop-in fee

Sign up for an 8 session package and choose the classes you want!

INTERESTED IN A MONDAY MORNING CLASS?

LET US KNOW...

E-mail us at: lprecreation@bolp.org

All classes will be held at Municipal Complex Community Room

Balanced Body / Yoga 2010

Office Use Only:

Paid: _____

Date: _____

Check # _____

Open to: Adults (18 years and older)

Equipment Needed: Mats to be provided by participants, loose/comfortable clothing

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Name _____ Age _____ Female _____ Male _____

Address _____ / _____ / _____ / _____
Town state zip

Home Phone _____ Emergency Phone _____

Cell Phone _____ E-Mail _____

Do you have any health condition(s) that the Rec Staff should be aware of? No _____ Yes _____

Explain _____

Waiver & Consent: I acknowledge that I am in suitable physical condition to participate in the Recreation Program that I have registered for and I hereby agree to assume any risks involved. I certify that I am fully capable of participating in this recreational sport, activity, or program and that I have no physical or mental disability that would restrict full participation. I do hereby waive, release, indemnify and agree to hold harmless the Borough of Lincoln Park, its directors, superintendents, employees and volunteers from any liability and/or for any injury that may be suffered by myself in the normal course of participation in the sport and the activities incidental thereto, whether the result of any negligence or any other cause. In the event I am unable, I grant permission to receive emergency professional medical care as deemed necessary by the Recreation Staff.

I agree to abide by the Rules and Regulations of the Lincoln Park Recreation Department. I also agree to follow the Rules and Regulations of the Recreation Pilates/Yoga.

Signature _____

Date _____

NO REFUNDS