

Lincoln Park Recreation presents...



**Saturday Mornings: 9AM – 10AM
OR
Wednesday Evenings: 7PM—8PM**

**Beachfront at the
Lincoln Park Community Lake
37 Ryerson Road
Lincoln Park NJ**

Please join us on the beachfront at the Lincoln Park Community Lake for Gentle Flow Yoga with certified Instructor Crystal Eshanov

All Skill Levels are welcome, modifications will be made for participants as needed

Please bring a Yoga Mat

\$10 walk-in fee

\$35/Package of 4 Classes

\$80/Package of 10 Classes

Class Packages are “interchangeable” with other fitness classes

(Please bring a yoga mat)

Name _____ D.O.B.: _____

Address _____
street address city, state, zip

Home Phone _____

E-Mail: _____
(for class info such as cancellations or future classes & events)

Emergency Contact Name & Number:

cash, check, credit card or money order

NO REFUNDS

Lincoln Park Recreation / 34 Chapel Hill Rd, Lincoln Park, NJ 07035
www.lincolnpark.org / e-mail: lprecreation@bolp.org / phone: (973) 694-6100 ext #2206 Lincoln Park Recreation / 34 Chapel Hill Rd, Lincoln Park, NJ 07035

