

# Boonton Parks and Recreation

presents



## YOGA



We are proud to continue with our very popular Yoga series. All exercise levels are welcome. Monday nights Phil DiLavore, certified Chi Yoga Instructor leads an invigorating and refreshing workout. Wednesday nights join Instructor Shannon Hense for a varied and energetic class. Both classes will mix a variety of yoga postures, with soothing breathing techniques, and deep relaxation to bring about a new inspired you!! Programs will be held at the Boonton Recreation Center, 1210 Cedar Street- 6:15PM – 7:15PM\*  
Wear comfortable clothes- mats are provided!

### *Yoga Winter 2010*

*8 week session*

*January 4 – Feb 24*

*3 registration choices*

- |                  |                                 |                                      |
|------------------|---------------------------------|--------------------------------------|
| <i>option #1</i> | <i>1x a week \$72.00</i>        | <i>(Monday <u>or</u> Wednesday)</i>  |
| <i>option #2</i> | <i>2x a week \$112.00</i>       | <i>(Monday <u>and</u> Wednesday)</i> |
| <i>option #3</i> | <i>Pay-as-you-go \$12/class</i> |                                      |

For additional information contact Boonton Parks and Recreation  
(973) 263-2110

Please return to Boonton Parks and Recreation,  
100 Washington St, Boonton, NJ 07005

Checks made payable to Boonton Parks and Recreation

### Yoga by Boonton Parks and Recreation- Winter 2010

I am covered by appropriate Medical/Accident Insurance and I accept full responsibility for any injury that might occur during this program. I will not hold the Boonton Recreation Committee or any of their employees responsible for any accidents or injuries which may occur in the course of, prior to the start of, or after the facilitation of the above program.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number(\_\_\_\_\_) \_\_\_\_\_ E-Mail \_\_\_\_\_

Option #1 @\$72\_\_\_ Option #2 @\$112\_\_\_ Option #3 Pay-as-you-go\_\_\_