



**Township of Cedar Grove  
Recreation Department**  
525 Pompton Ave. Cedar Grove, NJ 07009  
(973) 239-1410 x220

## Adult Yoga

**FOR CANCELLATIONS DUE TO INCLEMENT WEATHER;  
“LIKE” US ON FACEBOOK, [www.facebook.com/cedargroverec](http://www.facebook.com/cedargroverec) or  
“FOLLOW” US ON TWITTER, @CedarGroveRec**

- **Who:** Adults 18 years+ - **Please bring your own yoga mat**
- **Where:** Cedar Grove Community Center
- **When:** Wednesday Evenings **OR** Friday Mornings  
**Wednesdays**– Dec. 4, 11, 18, Jan. 8, 15, 22, 29, Feb. 5, 12 & 19  
**Fridays**– Dec. 6, 13, 20, Jan. 3, 10, 17, 24, 31, Feb. 7 & 14
- **Time:** **Wednesdays:** 6:30-7:30pm; **Fridays:** 9:00-10:00am
- **Fee:** \$55.00/person – \$10 late fee after 11/22/19 – **no refunds after 11/22**  
**CHECKS MADE PAYABLE TO TOWNSHIP OF CEDAR GROVE**

**Description:** This program will be instructed by Stacy Valdes-Davis a resident of Cedar Grove and a certified Yoga instructor for 10+ years. Yoga is designed to improve the health, performance, and mental acuity of individuals interested in improving their level of fitness.

### Adult Yoga – Winter 2019-20

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ HOME PHONE \_\_\_\_\_

CELL PHONE \_\_\_\_\_ EMERGENCY CONTACT \_\_\_\_\_

EMAIL \_\_\_\_\_ PREFERRED HOSPITAL \_\_\_\_\_

Any Allergies/Health Conditions we should be aware of? (If Yes, explain) \_\_\_\_\_

**PLEASE CHECK CLASS SELECTION:** Wednesday (P.M.) \_\_\_\_\_ Friday (A.M.) \_\_\_\_\_

I will not hold Cedar Grove Township, Cedar Grove Recreation or any of their representatives responsible for any loss or injury I may incur while playing or practicing. I am in good health and able to participate without restriction. I also authorize Cedar Grove Recreation Department personnel/coaches to contact appropriate emergency personnel, should I need medical assistance.

Signature \_\_\_\_\_

Date \_\_\_\_\_

**\$55.00**