

Garden City Recreation and Parks Department Adult Yoga Fall Session

Connie McKnight, our certified yoga instructor, has designed adult yoga classes with all ages in mind. Our yoga class will be offered on Wednesday mornings at 9 am at Garden City's Senior Center. This 10 week program will begin on Wednesday, September 5. The cost of this class will be \$95.

To register, please fill out the form below and return to the Recreation and Parks Office at 108 Rockaway Avenue.

Wednesday Adult Yoga - Fall 2018

Name _____ Phone _____

Address _____ Birthdate _____

Email _____ Emergency _____

I certify that I am in good health and able to participate in the activity listed above.

I understand that there are risks associated with participating in these activities and hold harmless the Inc. Village of Garden City, its officers, agents, and employees.

Signature _____

Please include the registration fee with this form. Drop or mail this form to the Garden City Recreation Dept. at 108 Rockaway Ave. Please make checks payable to the Inc. Village of Garden City.

