

## **Garden City Recreation and Parks Adult Yoga Class**

Connie McKnight, our certified yoga instructor, has designed an adult yoga class with all ages in mind. Our yoga class will be offered on Wednesday mornings at 9 am at Garden City's Senior Center. This 15 week program will begin on Wednesday, May 1. The cost of this class will be \$142.50.

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

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### **GC Recreation and Parks Wednesday Adult Yoga**

*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.*