

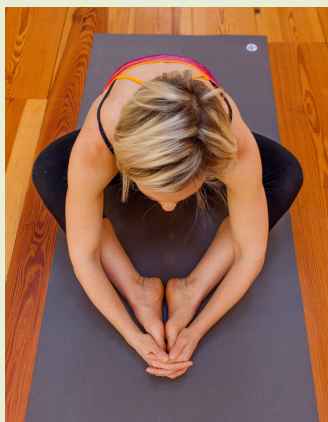
NORTH SALEM RECREATION DEPT

SPRING YINSTORATIVE YOGA

YINSTORATIVE YOGA WITH JAIME ROCHE, RYT

A quiet, reflective class featuring long held,
supportive floor-based postures.

TUESDAYS 6:30 PM TO 7:45 PM | MARCH 24 - JUNE 2
NORTH SALEM FIREHOUSE, 301 TITICUS ROAD
\$215 / 10 WEEKS



Deadline :
March 18, 2020

TO REGISTER: [NORTHTSALEMNY.ORG/RECREATION](https://northsaalemny.org/recreation)
(914)669-5665 ~ RECREATION@NORTHTSALEMNY.ORG

NORTH SALEM RECREATION DEPARTMENT

Adult Fitness Classes – Spring 2020

I am registering for: *(Circle below and choose day when applicable)*

Spring Yinrestorative Yoga Tuesdays 6:30-7:45pm North Salem Firehouse 10 weeks – 3/24-6/2 (no class 4/7) Instructor: Jaime Roche Fee: \$215 – 1x per week	Vinyasa Flow Yoga Mon and/or Wed 9:30-10:30am North Salem Firehouse 10 weeks – 3/23-6/3 (no class 4/6 & 4/8) Instructor: Beatrice Halstead Fee: \$135 - 1x per week \$215 - 2x per week <i>Choose one:</i> <input type="checkbox"/> Monday \$135 <input type="checkbox"/> Wednesday \$135 <input type="checkbox"/> Both Days \$215
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DEADLINE: 3/18/2020

Name _____

Address _____

Telephone _____ Cell/ Other _____

Email address _____

I hereby release the Town of North Salem, it's officials, employees and volunteers of any liability whatsoever in connection with any damages and or injuries that I or any of my family may sustain as a result of participation in the programs of the North Salem Recreation Department. A full refund will be given if the Recreation Department cancels this program prior to the start date.

It is my responsibility to check with my doctor to ensure this program is right for me. All participate at their own risk. The Town of North Salem does not carry insurance to cover hospitalization or medical costs of persons injured while participating in any Recreational Programs.

SIGNATURE _____ DATE _____

Please return form and payment to the North Salem Recreation Department:

270 Titicus Rd, North Salem, NY 10560

Make check payable to: North Salem Recreation

For more information - call (914)669-5665 or Recreation@northsalemny.org