

RIDGEFIELD RECREATION & PARKS DEPARTMENT  
VETERANS MEMORIAL PARK  
604 BROAD AVENUE  
RIDGEFIELD, NJ 07657  
(201) 943-5342 FAX#: (201) 943-8887

# 2022 SEASONAL "CHAIR YOGA CLASS"

Get ready to move through a complete series of seated and standing yoga poses. Chair Support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercise and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level. Please arrive on time as class will begin promptly at 6:30.

Bring a yoga mat and a small blanket or bath size towel.

\_\_\_\_\_ Session I: Thursday-April 7<sup>th</sup> to May 12<sup>th</sup> (6:30 p.m. to 7:15 p.m.)  
\_\_\_\_\_ Session II: Thursday-May 19<sup>th</sup> to June 23<sup>rd</sup> (6:30 p.m. to 7:15 p.m.)

ALL CLASSES WILL BE HELD AT THE COMMUNITY CENTER  
2022 SEASONAL "CHAIR YOGA CLASS"

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

DAY PHONE # \_\_\_\_\_ EVENING PHONE \_\_\_\_\_

EMERGENCY # \_\_\_\_\_

I hereby certify that the above-named individual is in sound physical condition to participate in Ridgefield's Chair Yoga Class.

SIGNATURE \_\_\_\_\_

FEE: \$40.00 - CHECKS PAYABLE TO: BOROUGH OF RIDGEFIELD

Method of Payment:

Cash \_\_\_\_\_

Check/MO #: \_\_\_\_\_

Date Received: \_\_\_\_\_