

RIDGEFIELD RECREATION & PARKS DEPARTMENT

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

**2022 SEASONAL
"STRENGTH & STRETCH"**

A FUSION OF BODY WEIGHT EXERCISES & YOGA STRETCHES AND MOBILITY MOVEMENTS,
DESIGNED TO BUILD MUSCLE, INCREASE FLEXIBILITY AND IMPROVE BODY AWARENESS.
ALL LEVELS.

**PLEASE BRING A SET OF WEIGHTS ANYWHERE BETWEEN 2LBS. AND 5 LBS. AND AN
ELASTIC BAND AND A MAT.**

No Class on May 30th

____ Session I: Mondays – April 4th to May 9th 6:15 p.m. to 7:15 p.m.

____ Session II: Mondays – May 16th to June 27th 6:15 p.m. to 7:15 p.m.

ALL CLASSES ARE HELD COMMUNITY CENTER

2022 Seasonal Strength & Stretch Class

NAME _____

ADDRESS _____

DAY PHONE: _____ **EVENING PHONE:** _____

EMERGENCY # _____

I hereby certify that the above-named individuals are in sound physical condition to participate in Ridgefield's Strength & Stretch classes.

SIGNATURE _____ **DATE** _____

FEE: \$40.00 per session (Residents) \$60.00 per session (Non-Residents)

(Checks made payable to: Borough of Ridgefield)

Method of Payment:

Date Received:

Cash____ **Check/MO #:**_____
