



# IRON YOGA-LATES'

OCTOBER 2010

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

HOME PHONE (\_\_\_\_) \_\_\_\_ - \_\_\_\_

WORK PHONE (\_\_\_\_) \_\_\_\_ - \_\_\_\_

Restore your inner vitality! Yoga postures and Pilate type movements done properly can improve your flexibility, concentration, energy and help cope with PMS, menopause, back pain, digestion and put some inner peace and balance into your busy life. For your complete, whole body and mind workout, you will need to bring light hand held weights (1-5 lbs each) a mat or beach towel and water. Monday class is more relaxation and stretching Wednesday class is more strengthening and toning. Keep an open mind and enjoy!

**Class Information:**

- WHERE: Senior Citizen Room (downstairs)
- SESSION DATES: OCTOBER 11, 2010 – NOVEMBER 3, 2010
  - (8 classes) NO CLASS OCTOBER 4th & 6th
- DAYS: Monday's and Wednesday's
- TIME: 6:45 p.m. – 7:45 p.m.
- FEES: Resident Member: \$20.00  
Resident Non-Member: \$25.00  
Non-Resident Member: \$25.00  
Non-Resident/Non-Member: \$30.00

**MAKE ALL CHECKS OUT TO BARB EVANS**

**I/We the undersigned, do agree to assume all risks and hazards while participating in this program, including transportation to and from the program; agree that neither the City of Brook Park, the Recreation Department nor the staff member/instructor connected with the program will in any way be held responsible or liable for any injuries or medical expenses that may occur.**

\_\_\_\_\_  
Participants Signature

\_\_\_\_\_  
Date

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Date \_\_\_\_\_ Paid \$20.00 \$25.00 \$30.00 Cash Check # \_\_\_\_\_