



OFFERS CLASSES OF
YOGA
A CLASS FOR ALL ABILITIES

YOUR CERTIFIED INSTRUCTOR IS CLARE FREEMAN

Clare brings her RYT 200 hour level certification to the Cedar Springs area to help individuals interested in yoga at all levels. She is nearing 500 hours of instruction, one of a handful in the area. You will be worked with in a flexible way that helps reduce stress, build flexibility and strengthen the core and other areas of the body while working at your own ability level.

Some mats are available for first come participants.

WHEN: MONDAYS 7:30-8:30PM
OFFERED WINTER SESSION 2 (JAN. 9-FEB. 11)
AND WINTER 3 (FEBRUARY 20-MARCH 24)

DROP IN CLASSES ON SATURDAY, JAN. 14
AND FEB. 4 AT 9AM FOR \$8 PER PERSON

WHERE: CEDAR SPRINGS MIDDLE SCHOOL

COST: \$ 30.00 FOR 5 WEEK SESSION
or \$8 PER INDIVIDUAL CLASS
CHECKS CAN BE MADE PAYABLE TO "CSAPR"

Participant's Name: _____ Date of Birth: _____

Address: _____ City & Zip _____

Daytime Phone: _____ Night-time Phone: _____

Name of township/city of residence: _____ E-Mail Address: _____

How do you hear about CSAPR Program? _____

-I am aware of the possibility of injuries that exist with the participation in all recreational programs. I understand the Cedar Springs Area Parks & Recreation Dept., Cedar Springs Public Schools, and the instructors are NOT responsible for injuries that may occur during camps, clinics, and programs or for personal items brought to the programs.

-I have seen the weather policy and the refund and exchange policy and understand them.

Participant's signature (18 and older): _____ Date: _____

Parent's signature (For those 18 and younger): _____ Date: _____