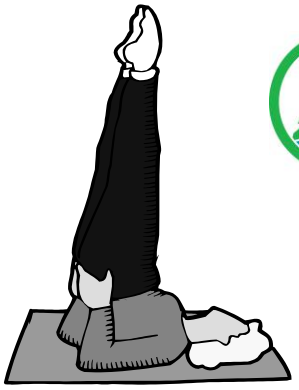
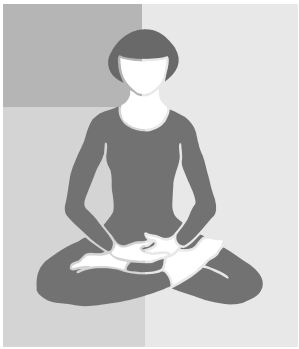
204 E. Muskegon Cedar Springs, MI 49319
616-696-7320 www.csaparksandrec.com



Cedar Springs Area
Parks & Recreation



OFFERS

GENTLE YOGA

A CLASS FOR ALL ABILITIES

YOUR INSTRUCTOR IS TAMARA REAUME

You will work with postures in a way that helps develop strength, balance and flexibility. You will have a safe, supportive and encouraging class atmosphere where you can achieve your own fitness goals. Tamara has been practicing yoga for over 20 years. She is Yoga Fit & Yoga Fit Kids certified as well as certified with RYT200, Trauma Informed Yoga Teacher.

Some mats are available for first come participants.

WHEN: **TUESDAYS 7:00-8:00PM**

OFFERED FALL SESSION 2 (Starts October 16th)

WHERE: **CEDAR SPRINGS MIDDLE SCHOOL**

Class on October 23rd will be held at Red Hawk Elementary

COST: **$ 30.00 FOR 5 WEEK SESSION BY OCT. 9TH**
$35.00 FOR SESSION AFTER OCT. 9TH
OR $8 PER DROP IN AT DOOR

CHECKS CAN BE MADE PAYABLE TO "CSAPR" OR REGISTRATIONS CAN BE MADE ONLINE VIA CREDIT/DEBIT CARD FOR A SMALL FEE AT REGISTER.CSAPARKSANDREC.COM

Participant's Name: _____ **Birthdate:** _____

Address: _____**City & Zip**_____

Primary Phone:_____ **Secondary Phone:** _____

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

-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 authorize, without compensation, that any images of the participant taken during this program to be deemed the exclusive property of CSAPR and free for use in marketing, social media or any other publication connected with CSAPR.

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

Participants signature :_____ **Date:** _____

GENTLE YOGA Fall Session 2.2018		OFFICE USE ONLY CASH CHECK # ____ ONLINE AMOUNT PAID $