

# Town of Marcellus Parks & Recreation Department

24 East Main Street, Marcellus, NY 13108

Phone: 673-3269 ext.2

Fax: 673-9102



## Seated Chair Yoga Open to Adults of all ages and fitness levels

**Thursdays, September 17- October 22, 2020**

**Where:** Annex Pavilion in Marcellus Park- Chairs will be provided and there are curtains on the pavilion if there is inclement weather. Masks will be required.

**Fee:** \$20/person for 6-week session

**Time:** 11 am to noon

**Details:** Join certified yoga instructor, Diane Zarzecki as you enjoy the benefits of yoga right from your chair! Learn simple movements that gently exercise each part of the body, including our breathing. These seated exercises build strength and flexibility so we become more mobile and confident. We also work on balance, standing and using the chair as a steady support.

Please complete and return the form below to the Town of Marcellus Recreation Office

---

### Seated Chair Yoga

Name \_\_\_\_\_

Home Phone # \_\_\_\_\_ Cell # \_\_\_\_\_ email: \_\_\_\_\_

Address: \_\_\_\_\_ zip code: \_\_\_\_\_

Emergency contact number: \_\_\_\_\_

**WAVIER:**

The undersigned hereby acknowledges and understands that "accident insurance" is not provided for any injury that may be sustained as a result of hazard associated with the activity registered for by the undersigned and accepts financial liability for any medical cost resulting from an accident or injury. The undersigned understand that their children attend activities at their own risk. The Town/Village of Marcellus and its employees are not responsible for injuries sustained. In the event that I cannot be notified concerning an injury or emergency to my child, I give permission for the Marcellus Parks & Recreation staff to provide emergency services.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_