



Town of Marcellus Parks and Recreation Department

22 East Main Street, Marcellus, NY 13108

phone: 315.673.3269 ext. 2 fax: 315.673.9132

email: park_rec@marcellusny.com

Yoga with Diane Zarzecki

Where: Community room at **Marcellus Library or Marcellus Park Dates TBD**

Fee: \$25/person 8-week session

Time: 9:15 am or 10:30 am There is also a zoom option for each class but if you sign up for zoom you may not attend in person unless there are openings in the class, space is limited for in person. Please pick one class below to attend, the library has a limited number of chairs to utilize.

Details: Join certified Yoga Instructor, Diane Zarzecki as you enjoy the benefits of Yoga! 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. This class will take place upstairs in the Community room at Marcellus Library.

Please wear comfortable clothes and bring a water bottle.

Adult Yoga Programs

Name _____

Home Phone # _____ Cell # _____ email: _____

Address: _____ zip code: _____

Emergency contact name/number: _____

Check which class you will attend: _____ 9:15 zoom or 9:15 in person _____

_____ 10:30 zoom or 10:30 in person _____

****Please sign & make checks payable to: Town of Marcellus**

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 Town/Village of Marcellus and its employees are not responsible for injuries sustained. I give permission for the Marcellus Parks & Recreation staff to provide emergency services.

Signature: _____ Date: _____