Program Description: Focused on *BALANCE*- this class helps build muscle strength through weight training and increases range of motion through a variety of stretch and yoga poses. Expect improvements in balance and bone density, while reducing your risk of sustaining injuries or falling. So come join us to enhance your physical capacity for outdoor activities like gardening, walking, hiking, golfing, tennis, daily household tasks, and help to increase your overall quality of life!

Dates:	**Wednesday: Dec 19, 26 Jan 2, 9, 16, 23, 30, Feb 6**
Time:	**9:00 - 10:00 am**
Location:	**Port Jefferson Village Center**
Instructor:	**Nanci Huner**
Fee:	**$110- Resident/$120- Non-Resident**
Notes:	**Bring a yoga mat or towel, and a belt for stretching**
Registration:	**PJ Rec Dept., 2nd Floor Village Center, 101-A East Broadway, 631 802-2160**

✂----------

Program: **Balance, Strength & Flexibility Dec 19-Feb 6, 2019** Please make checks to: Inc. Village of Port Jeff

Last Name: _____ First Name:_____

Address:_____

Phone : _____ Emergency Contact #_____

Email:_____

THE UNDERSIGNED AGREES THAT THE VILLAGE OF PORT JEFFERSON, ITS AGENTS, OFFICERS, ELECTED AND APPOINTED OFFICIALS AND EMPLOYEES SHALL NOT BE LIABLE FOR ANY CLAIMS, INJURIES, DAMAGES OR EXPENSES SUSTAINED BY THE UNDERSIGNED AS A RESULT OF PARTICIPATION IN THE ACTIVITY DESCRIBED ABOVE. THIS RELEASE FROM LIABILITY SHALL APPLY TO ALL SUCH CLAIMS, INJURIES, DAMAGES OR EXPENSES REGARDLESS OF WHO IS AT FAULT AND EVEN IF CAUSED BY THE NEGLIGENCE, NEGLECT OR FAULT OF THE VILLAGE OF PORT JEFFERSON, ITS AGENTS, OFFICERS, ELECTED AND APPOINTED OFFICIALS AND EMPLOYEES. THIS RELEASE IS MADE WITH KNOWLEDGE THAT THE VILLAGE OF PORT JEFFERSON PROVIDES NO INSURANCE TO COVER CLAIMS, DAMAGES OR EXPENSES WHICH MAY RESULT FROM THE DESCRIBED ACTIVITY.

SIGNATURE_____ DATE_____

For Office Use Only

Payment Received By: _____ Check #: _____CC: _____