

**BOROUGH OF BEACHWOOD
1600 Pinewald Road
Beachwood, New Jersey 08722**

BEACHWOOD MAYOR'S WELLNESS CAMPAIGN

REGISTRATION

**PROGRAM: INTRODUCTION TO EXERCISE SERIES
\$3 per class, \$10 for all 6 classes**

Participant Name: _____ Age: _____

Birth Date: _____/_____/_____

Parent or Guardian (If under 18 years of age): _____

Address: _____ Zip: _____

Phone: _____

Email: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

Please check all classes you will be attending:

- Saturday February 13th 9:00 a.m. Beginner Zumba
- Monday, February 15th 7:00 p.m. Yoga
- Saturday, February 20th 9:00 a.m. Pilate Barre
- Monday, February 22nd 7:00 p.m. Yoga
- Saturday, February 27th 9:00 a.m. Body Sculpt Plus Abs
- Monday, February 29th 7:00 p.m. Tai Chi

Please Circle:

Do you have a yoga mat? **Yes** **No**

Do you have 1 or 2 lb weights? **Yes** **No**

***Please bring a water bottle and a towel to all classes.**