



Montville Recreation Department's
YOGA CLASSES
FOR MOMMY & ME
& MOMS-TO-BE



WHO: Moms & Babies (Ages 8 weeks & Up) AND Moms-To-Be (2nd & 3rd Trimesters Only)

WHAT: This class allows busy new moms the opportunity to maintain or regain their strength and muscle tone without having to find a babysitter or wait for nap time. This class incorporates your baby in all your yoga poses so that you are not only getting your relaxing time, but also spending quality time with your little one. This class includes yoga exercises for your baby as well, which aid in digestion, sleep, comfort, and relaxation. Mommy & Me Yoga is also a great way to stay in shape as a prenatal program up to your 8th month of pregnancy.

INSTRUCTOR: Mayra Sansone Aboyoun, Certified Yoga Instructor

WHERE: Oasis Wellness Center (across from the Towaco Train Station), 628 Main Road, Towaco 07082 (973-650-2843)

WHEN: Wednesdays: September 18, 25, October 2, 16, 23, 30, November 6 & 13 (No: 10/9)

TIME: 10:15am to 11:00am

FEE: \$150.00 for the 8 (eight) week session.
NOTE: There will be a \$20.00 processing fee for program refunds PRIOR to program start!
PAYABLE TO: Montville Recreation (located at 195 Change Bridge Road in Montville)

REGISTRATION PROCEDURES:

1. In Person on the Rec Desk Kiosk (Check, Cash with No Fees and/or Credit Card with a 3% Fee)
2. On-Line from Home (Echeck with 1% Fee OR Credit Card with 3% Fee)
3. Payment Drop Box in Municipal Building's Parking Lot (Check Only....must have family page set up on Community Pass)
- OR** 4. Snail Mail (Check Only....must have family page set up on Community Pass)

For On-Line Registration !!! Go to the town's website at: <http://www.montvillenj.org/RecRegistration>
 To Download Registration Forms go to: <http://www.montvillenj.org/RecFlyers>

****NOTE: If coming to the Rec Dept, you will register directly on the Kiosk at the Rec Desk. No need to fill out paperwork!**

CLASS SIZE IS LIMITED !!! FIRST COME, FIRST SERVE !!!

QUESTIONS ??? Call Recreation: (973) 331-3305 OR Visit our Website: www.montvillenj.org



LIKE us on FACEBOOK at: <https://www.facebook.com/Montvillerec/>



YOGA CLASSES for Mommy & Me and Moms To Be — Fall 2019

Adult's Name _____ Birthdate _____ Age _____

Child's Name _____ Birthdate _____ Age _____ **OR** How far in pregnancy? _____

Address _____ Town _____ Zip Code _____ Home Phone _____

Primary Contact Name AND Cell Phone # _____

Secondary Contact Name AND Cell Phone # _____

E-Mail/s (Please print clearly! Distinguish b/w letters & numbers!) _____

Emergency Name & Phone # (IF the above cannot be reached) _____

Please list any special needs that your child may have that will assist us in providing a successful experience:

My child has my permission to participate in this program.
 I understand that the Recreation Department **DOES NOT** provide accident insurance.

PARENT/GUARDIAN SIGNATURE _____ DATE _____

FOR OFFICE USE (8/7/19): Fee Paid _____ Cash _____ Check _____ Date _____ Received By _____ **Program # 822**