**Yoga and Strength Classes March 2019**

The Shutesbury Recreation Committee is pleased to announce that we will be offering two yoga and two strength training classes in March as follows:

* **Gentle yoga:** 9am-10 am beginning Wednesday, March 6th for 4 weeks
* **Advanced Strength Training:** 9:00 am – 10:00 am, Thursday, March 7th for 4 weeks (for folks who have attended earlier classes or have lots of experience)
* **Therapeutic Yoga:** 10:15 am – 11:15 am Thursday , March 7th for 4 weeks
* **Beginner Strength Training**: 11:30 am – 12:30pm, Thursday March 7th for 4 weeks
* All classes will be held at the town hall.
* If school is closed OR delayed - class will NOT be held. check <https://www.wwlp.com/>
* The fee for a series of 4 classes is $20. Payment in advance for whole series.
* Three tuition waivers (value $20/each) are available. Please contact Rita Farrell (see below) for more information.
* Make checks payable to the Town of Shutesbury and mail or deliver to Recreation Committee, Town Hall, Shutesbury, MA 01072 **by February 27th.**
* Use tear off sheet below to register.
* First –time participants welcome!

Maximum class size is 15 so please register early. If you have any questions please email Rita Farrell, [ritaaannfarrell@gmail.com](mailto:ritaaannfarrell@gmail.com). **Late registrations will be processed only if the class is not full.**

**Town of Shutesbury**

**Recreation Classes Registration Form**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(please print clearly)

Check off class(es): \_\_\_ gentle yoga \_\_\_thera yoga \_\_\_\_beg. strength \_\_\_adv. strength

Amount enclosed: $\_\_\_\_\_\_\_\_ ($20 per class)

Make checks payable to Town of Shutesbury and send with this form to: Shutesbury Recreation Committee, Town Hall, 1 Cooleyville Rd, Shutesbury, MA 01072 no later than February 27th.