

Signature

## **Cardio Pilates & Barre**

2018 FALL 1 SESSION

September 8 - October 27



## HAVE FUN. REDUCE STRESS. GET IN SHAPE

Cardio Pilates & Barre Saturdays 8-9 am Instructor: Janet Yarka

## 8 Classes: September 8 - October 27 for Just \$90!

This class will help reduce your stress using a combination of cardio and Pilates toning. Improve your posture and strengthen your back and core. Basic barre exercises will be incorporated to sculpt and increase flexibility. Suitable for all fitness levels. Bring a Yoga mat and resistance band (available for \$8 at the first class). Walk-in rate \$15.

## Cardio Pilates & Barre Registration Form - Fall 1 2018

Please return this form with payment to Triangle Dance Center: 381 Triangle Rd, Ste. 7, Hillsborough, NJ 08844 • Email: info@triangledance.com

Cardio Pilates: September 8 - October 27. Cos	st \$90.	I, the undersigned, wish to enroll in Triangle Dance Center's dance/exercise program, knowing that this involves physical activity of an aerobic and/or non-aerobic nature. In the event that I sustain any injuries out of or resulting from the program, I hereby waive my right to sue or make any other	
Street Address		Center and hold harm claims, damages, losse	compensation from Triangle Dance nless from and against any and all es and liabilities (including attorney's
City, State, Zip			litigation), which they may incur or ny participation in the program.
Home Phone Cell/Work	Phone	XSignature	Date
E-mail Address			
Payment Information TDC accepts cash, checks (made paya	ble to Triangle Dance Cer	iter) and VISA, MasterCar	rd and Discover.
For Credit Card Payments Only: Please charge \$	_ to the credit card below:		
Card Number	Exp. Date	<del></del>	Security Code
Name as it appears on card	<del> </del>		

Billing Address (if different than address provided above)