



Cardio Pilates & Barre

2017 FALL SESSION

September 9 - October 21



HAVE FUN. REDUCE STRESS. GET IN SHAPE!

Cardio Pilates & Barre
Saturdays 8:00-9:00 am
Instructor: Janet Yarka

7 Classes September 9 - October 21. Just \$75!

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 exibility. 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 2017

Please return this form with payment to Triangle Dance Center:

381 Triangle Rd, Ste. 7, Hillsborough, NJ 08844 • Email: info@triangledance.com

Cardio Pilates - Saturdays 8:00-9:00 am. Cost \$75.

Name _____

Street Address _____

City, State, Zip _____

Home Phone _____ Cell/Work Phone _____

E-mail Address _____

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 claim for damages or compensation from Triangle Dance Center and hold harmless from and against any and all claims, damages, losses and liabilities (including attorney's fees and expenses of litigation), which they may incur or sustain as a result of my participation in the program.

X _____
Signature Date

Payment Information TDC accepts cash, checks (made payable to Triangle Dance Center) and VISA, MasterCard and Discover.

For Credit Card Payments Only: Please charge \$_____ to the credit card below:

Card Number _____

Exp. Date ____/____/____

Security Code _____

Name as it appears on card _____

Signature _____

Billing Address (if different than address provided above) _____