



City of Milford, Connecticut

--Founded 1639 --

70 West River Street – Milford, CT 06460-3317

Tel 203-783-3280 Fax 203-783-3284

www.ci.milford.ct.us

Recreation
Department

PRESS RELEASE

Please release ASAP and repeat until January 4, 2010

October 23, 2009

Contact: Bill Garfield
Recreation Supervisor
203.783.3388 - Phone
203-783-3284 - Fax

MILFORD RECREATION OFFERS WINTER FREESTYLE YOGA CLASS

The Milford Recreation Department announces its winter Freestyle Yoga class for adults with instructor Shelia Frankel beginning on Monday, January 4, 2010. The classes are available to both residents and non-residents.

Experience the peace and relaxation in your body through Yoga. Freestyle Yoga gives one confidence, restores vitality, reduces stress, enhances flexibility and aids in weight control. It is a wonderful and soothing experience that enables you to feel good both inside and out. This class is perfect for any newcomer.

The class will run for 10 weeks and cost \$54 for residents and \$59 for non-residents.

For more information please contact Bill Garfield at the Recreation Department 203.783.3388 or by email bgarfield@ci.milford.ct.us



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EXERCISE CLASSES – WINTER 2010

Determine your choice of class and check appropriate box below. Classes are limited in size and there are no refunds for missed classes. Class and date selection will be taken on a first come first serve basis. All class will be held at the Margaret Egan Center.

PLEASE INDICATE YOUR CHOICE OF CLASS WITH A CIRCLE AROUND EACH CLASS NUMBER

Please make check payable to **"Milford Recreation Dept."**

#	CLASS	LOCATION	DAYS	DATES	TIMES	INSTRUCTOR	RES.	NON RES
1	Body Blast Sculpting	MEC	Mon.	1/4 – 3/22	6:30 PM	Shelia Frankel	\$54	\$59
2	Body Blast Sculpting	MEC	Thurs.	1/7 – 3/11	6:30 PM	Shelia Frankel	\$54	\$59
3	Body Blast Sculpting	MEC	Fri.	1/8 – 3/12	9:30 AM	Shelia Frankel	\$54	\$59
4	Dance & Fun Workout	MEC	Tues.	1/5 – 3/9	6:30 PM	Shelia Frankel	\$54	\$59
5	Dance & Fun Workout	MEC	Fri.	1/8 – 3/12	10:30 AM	Shelia Frankel	\$54	\$59
6	Freestyle Yoga	MEC	Mon.	1/4 – 3/22	9:30 AM	Shelia Frankel	\$54	\$59

This is your receipt. Fee Paid: \$ _____ Date: _____ By: _____

-----DETACH HERE-----

NAME: _____ TELEPHONE: _____

ADDRESS: _____ DOB: _____

CITY/ZIP: _____ E-MAIL: _____

PLEASE READ THE FOLLOWING STATEMENT AND SIGN BELOW

By my signature, I do hereby assume all risks of personal injury involved in this activity. I do hereby release the City of Milford, the Recreation Department, the instructors and agents of liability and suits at law or in equity resulting from this activity.

SIGNATURE: _____ DATE: _____

#	CLASS	PAYMENT	INITIAL