

# William G. Mennen Sports Arena Pilates & Yoga with



## GAYLENE AMBROSINI

**STOTT PILATES & YOGA FIT INSTRUCTOR**

Primary Focus – \*Muscle Strengthening \*Posture  
\*Aid in Injury Prevention & Spinal Health \*Alignment  
\*Correcting Muscle Imbalances \*Promoting Flexibility  
\*Mind-Body Connection Linking Concentration & Focus

**AFAA Certified &  
B.S. Degree in Foods & Nutrition**

\*Skaters are required to bring their own Exercise Ball, Exercise Mat and Running Shoes.  
(Concerns about equipment, please contact Jackie in the Main Office)

Please circle class interested in:

<u>TUESDAY</u> <i>(Pilates / Yogalates)</i>	<u>TUESDAY</u> <i>(Pilates / Yogalates)</i>
8-Weeks	8-Weeks
4:45pm-5:30pm	5:30pm-6:15pm
\$120.00	\$120.00
September 7, 14, 21, 28; October 5, 12, 19, 26 2010	September 7, 14, 21, 28; October 5, 12, 19, 26 2010

\*Please make checks payable to Morris County Park Commission (MCPC)

Name of Skater \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

(Include Zip Code)

Phone (Home & Alternate) \_\_\_\_\_

E-mail \_\_\_\_\_

Parent / Guardian Signature \_\_\_\_\_



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[www.morrisparks.net](http://www.morrisparks.net)