Register for the new Park Ridge Recreation Chair Yoga Program by completing the information form below and sending a check for $69.00 (for the introductory 6-week program from 9/17-10/29, with no class on 10/8) made payable to our certified instructor, "Ilona Kirshteyn"

Please drop off signed form, waiver and check /cash or mail to:

Park Ridge Recreation Committee Chair Yoga Program
Borough Hall-53 Park Avenue
Park Ridge, NJ 07656

Or feel free to drop this form, the waiver and payment in the white mailbox in front of Borough Hall and mark your envelope *"RECREATION CHAIR YOGA"*

Name: _____

Email: _____

Home Address: _____

Phone Number: _____

Walk ins are welcome if space is available for $14.00 per class!

Please call Recreation at: 201-573-1800 Ext. 521 if you need the instructor's Venmo information or if you have any questions, or email lfalkenstern@parkridgeboro.com

DEADLINE FOR SUBMITTING FORMS/PAYMENT FOR OPENING SESSION IS 9/10/2026