



Town of Morris
Beach & Recreation
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Essentrics with Reen!

Essentrics is a unique exercise that honors the body's natural design. It is an intelligent movement form that works with the neuromuscular system to rebalance each joint and increase range of motion.

Another OUTDOOR Edition: 4-week session beginning Tuesday, May 4, 2021.

CLASS DATES: Tuesdays – May 4, 11, 18, 25.

Class held at Morris Town Beach Pavilion (83 East Shore Road) from 6:00 – 7:00 pm.

\$40.00 for the 4-week series – cash / checks made payable to *Morris Beach & Recreation*

OR \$12.00 drop-in rate – cash / checks made payable to *Morris Beach & Recreation*

By signing this form, I waive all claims against the Town of Morris, its' Beach and Recreation Department and all personnel from any and all liability for any injuries, loss or other claims resulting from participation in this activity. If necessary, I give permission for the Physician selected by the Beach and Recreation Department to hospitalize, secure proper treatment for and to order injection, anesthesia or surgery for myself.

Program / Activity: **Essentrics with Reen! (Spring 2021)** Fee enclosed: _____

Signature: _____ Date: _____

Participant's Name: _____ Date of Birth: _____

Address: _____

Town / Zip: _____ Best Phone #: _____

Email Address: _____

Emergency Name / Phone: _____

Allergies or other factors the Beach and Recreation Department should be aware of: _____

Comments: _____
