



**Town of Morris
Beach & Recreation**

109 - 21 East Street
Morris, CT 06763
860-567-7437 / Activities@morriscct.gov
Morriscct.gov/entities/beach-recreation

Essentrics, Outdoors 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.

OUTDOOR Edition at the MTB: 4-class series / class held Tuesdays beginning June 2, 2026.
Class Dates: June 2, July 7, August 4 and September 1, 2026

Class held at Morris Town Beach Pavilion (83 East Shore Road) from 6:30 pm - 7:30 pm.
\$10.00 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, Outdoors at the MTB!** 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: _____
