



VILLAGE of CROTON-on-HUDSON - RECREATION

One Van Wyck Street

Croton-on-Hudson, NY 10520

Phone: 271-3006 Hours: M-Fri 8:30-4:00



SPRING / SUMMER 2024 / ADULT

RISE & SHINE YOGA WITH ALEXA

Rise & Shine Yoga with Alexa, is an uplifting class, catering to students with some prior experience. Supine, seated and standing poses are incorporated into each class as well as breathwork and meditation. Release tension and restore balance – all while quieting the mind.

RISE & SHINE YOGA w/ ALEXA

Act# 2197 Sec 1

Dates: Fridays, beginning April 12 for 10 sessions

Time: 9:00 - 10:00 AM (ending June 14)

Location: Municipal Building, Recreation Conference Room

Fee: \$160.00 Village Residents
\$180.00 School Dist/Non-Res

Registration Deadline: April 8

Instructor: Alexa Wolkoff, RYT



Spring / Summer 2024 \* RISE & SHINE YOGA W/ ALEXA \* Act # 2197 Sec 1

Amount: \$160 Village Resident / \$180 School District / Non-Resident (Checks Payable "Village of Croton")

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Name & Phone #: \_\_\_\_\_

I hereby recognize that there are inherent risks involved with participation in this program, and agrees to release and hold harmless the Village of Croton-on-Hudson, their employees and volunteers, of any liability whatsoever in connection with any damages and/or injuries that the above-named person may sustain as a result of participation. In the event of injury, I hereby give permission person, named above, to be transported to a hospital for treatment to include evaluation of the injury, x-rays, and needed medical care I agree to indemnify and hold harmless the Village of Croton on Hudson for any damages or injuries.

Signature: \_\_\_\_\_



Date: \_\_\_\_\_

Online Registration: www.crotononhudson-ny.gov/recreation-parks