

Mayfield Village presents....



Dynamic Arthritis Exercise

Who: Adults

Where: Mayfield Village Civic Center

When: Tuesdays, 6:00 – 7:00 p.m.

Fall Session 1: September 13 – October 25 (except Oct. 11)

Fall Session 2: November 1 – December 13 (except Nov. 8)

Winter Session 1: January 3– February 14 (except Jan. 17)

Winter Session 2: February 28 –April 4

Cost: \$64/participant per session or \$5 off if registering for two sessions at once.



Details: Join our Arthritis Exercise regime and learn how simple, low impact movements will help increase joint flexibility, range of motion, and muscle strength. YogaReach LLC provides a therapeutic adaptive program that is led by experienced and highly trained instructors from a wide array of disciplines. Our program serves individuals who love to promote ability development. YogaReach programs teach an integrated system of adaptive poses, breath work, daily function skills, movement exercises, and facilitate ongoing group/individual discussions. We empower our participants to focus on what they can achieve and reinforce an optimistic approach. **Registration Deadline: Friday before each session.**

****REGISTRATION INFORMATION**** Register over the phone with Mayfield Village with Mastercard, Visa, or Discover by calling (440) 461-5163. **OR** Mail form to Mayfield Village Parks and Rec., 6622 Wilson Mills Rd., Mayfield Village, OH, 44143. Check payable to Mayfield Village or fill in credit card info.

Dynamic Arthritis Exercise: Fall 2016-Winter 2017

First Name _____ Last Name _____

Address _____
(street) (city) (zip)

Home Phone _____ Cell Phone _____

Date of Birth _____ Email _____

Please Circle: Fall Session 1 Fall Session 2 Winter Session 1 Winter Session 2 Total Due: _____

Mc/Visa/Discover _____ Exp _____ Code _____