



Debbi Winogracki
Recreation Director

Berkeley Township Exercise Programs

Classes are held at the Recreation Center
Berkeley Township Recreation
630 Atlantic City Boulevard (Rt. 9)
Bayville, NJ 08721



Exercise Classes: \$50 for 3 months

Zumba: Mondays 6:00 pm

Tabata (Interval): Tuesdays 5:30 pm

Beginner Yoga: Tuesdays 6:30 pm

Aerobics - ABC's: Wednesdays 11:15 am

Pound ®: Wednesdays 5:30 pm

Vinyasa Yoga: Wednesdays 6:30 pm

Make checks payable to Berkeley Township, or pay online at www.BTREC.org
Any questions please call 732-269-4456. Classes may be subject to cancellation



Name _____

Address _____

Phone _____

Emergency Phone # _____

Email _____

Please list any special health concerns that might limit or affect participation in activity:

Zumba ☐

Tabata (Interval) ☐

Beginner Yoga ☐

Aerobics- ABC's of Fitness ☐

Pound ☐

Vinyasa Yoga ☐

Session #6 _____ Begins week of January 6th Amount enclosed: _____

Agreement to participate: I hereby give my approval for myself and/or child(ren) to participate in the activities associated with this program. I assume all risks and hazards incidental to such participation, including transportation to these activities and do hereby waive, release, absolve, indemnify and agree to hold harmless Berkeley Township and all of its employees, participants, etc. whether the result of negligence or any other cause.

Photo Release: Berkeley Township Recreation has my permission to use my or my child's photograph publicly to promote the program. I understand that the images may be used in print publications, online publications, presentations, websites and social media. I also understand that no royalty, fee or other compensation shall become payable to me by reason of such use.

Name (Please print): _____

Signature _____

Date _____