

# Bollywood

## Dance Fitness



Shimmy, shake, and have fun with this dance workout! Our Bollywood inspired dance fitness program combines dynamic choreography and intensive workouts with upbeat music. This program is for everybody who loves music and likes to groove! The instructor, Shalini Rajamani, has 18 years of teaching experience and is also a speaker, mentor, and wellness coach.

**For: Bridgewater Residents ages 18 and over**

**Dates: Wednesdays, November 14, 21, 28, December 5, 12, 19, 2018**

**Time: 7:15 p.m. – 8:00 p.m.**

**Location: Van Holten School**

**Cost: \$60, payable to Rajamani Yoga**

Registration is limited and on a first come, first served basis at the Bridgewater Recreation Department – early registration is highly recommended. You may bring your registration in person to the Recreation Office at 100 Commons Way, mail in your completed, signed form and check, or place it in the Recreation drop slot located on the Garretson Road side of the Municipal Complex.

**Bridgewater Recreation Department** 100 Commons Way, Bridgewater NJ 08807 [www.bridgewaternj.gov](http://www.bridgewaternj.gov) (908)725-6373 9am – 5pm Monday – Thursday 8am – 5pm Fridays



**Bollywood Spring 2018**

\$60 payable to Rajamani Yoga (checks only)

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Participant Last Name	First Name	Date of Birth	Gender
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Address	Town	Zip	Home #
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Cell #	Work #	Email (please print legibly)
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If the participant has individualized needs due to a disability, please check the following and someone will contact you regarding reasonable accommodations.  
 Yes, I will need to be contacted regarding special considerations.

*Injuries may occur. Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before participating. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.*

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**Participant Signature**

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**Date**

