

1. Complete Form & Send With Payment To:  
YOGA FITNESS  
GOOD HOPE SCHOOL  
2315 W. GOOD HOPE ROAD  
GLENDALE, WI 53209
2. or call (414) 559-5567 to reserve space
3. or Nicolet Recreation at (414) 351-7566

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Day Contact Phone \_\_\_\_\_  
 Email \_\_\_\_\_  
 Emergency Contact Phone \_\_\_\_\_

**RESERVE CLASS SPACE FOR:**

**Evening / Flow Yoga / Glendale**

- TUE 6-7pm (Fee \$68, 5/4-6/29\* skip 6/15)
- THUR 6-7pm (Fee \$68, 5/6-7/1\* skip 6/17)
- Both TUE& THUR 6-7pm (Reduced Fee \$120)

**Morning / Gentle Flow Yoga**

- MON 10-11am (Mequon / Fee \$60)
- THUR 9-10am (Glendale / Fee \$68)

**Chair Yoga** (Ideal for Seniors w/ joint limitations)

New Class starts in September!  
 Thursday 9:30-10:30am (Glendale / Fee \$60)

**PAYMENT INFO:**

- Check (Payable To Erica Boos)  Cash
- Online & Credit Card Registration is available through  
 Nicolet Rec at [www.nicolet.k12.wi.us](http://www.nicolet.k12.wi.us) or call – 351-7566

**Waiver of Liability:** I understand that this yoga class is voluntary and I assume all responsibility if injury or accident should result. I acknowledge I am in good health and suffer no physical limitations that could jeopardize my healthful practice during the session. I agree that instructor or facility/property shall not be liable for any claim, demand or cause of any action of any kind resulting from or related to activity in this yoga session. I also understand that my physician should be consulted before the start of any new yoga or exercise practice.

Special Conditions or Health Issues: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

# 2010 Schedule & Fees

**GHS / GLENDALE**  
 Good Hope School  
 2315 W. Good Hope Rd.

**RLS / MEQUON**  
 Range Line School  
 Range Line Rd, just  
 south of Mequon Rd.

## Session Dates

May 4-July 1\*  
 July 6-Aug 26  
 Sept 7-Oct 28  
 Nov 4-Dec 23

**Evening Flow Yoga**

**GHS / Glendale**

TUES / 6-7 pm  
 THUR / 6-7 pm

**Morning Gentle Flow**

**RLS / Mequon**

MON / 10-11 am

**Morning Gentle Flow**

**GHS / Glendale**

THUR / 9-10 am

July 12-Aug 23  
 Sept 13-Oct 25  
 Nov 2-Dec 14

July 8-Aug 26  
 Sept 9-Oct 28  
 Nov 4-Dec 23

**Restorative Chair Yoga**

**GHS / Glendale**

TUES / 9:30-10:30am

Sept 14-Oct 26  
 Nov 2-Dec 14

**Fees and Details /**

8-Week Sessions \$68 / 7-Week Sessions \$60  
 Drop Ins \$10 / Join anytime, pro-rated fees will apply

\*Skip Dates Apply for May 31, June 14 & June 16

- Minimum 4 and Maximum 20 to proceed.
- Make-ups OK during session at any class. Sorry, class fees are non-refundable once session begins, but may be applied towards a future session.
- Schedule subject to change due to weather or unexpected illness/emergencies. We follow the school and Rec Dept closings.
- Please silence cell phones and pagers and arrive a bit early to settle in. Arriving late or leaving early is most disruptive.
- Comfortable exercise clothes to move easily are best.
- A few yoga mats, blocks and straps are available for you.
- Try not to eat heavy meals before class.
- Let Erica know if there are health issues so modifications may be offered. It is advised that your physician be consulted before starting yoga or any new physical exercise routine.
- Returned checks are subject to a \$25 fee to cover bank fees.



## Flow Yoga Classes

For Every Body

Enjoy the endless benefits of yoga to connect, restore & balance

- find your center
- improve flexibility
- restore circulation
- build strength
- promote relaxation



**GLENDALE /**  
 Good Hope School  
**MEQUON /**  
 Range Line School  
**(414) 559-5567**  
[www.myyogafitness.com](http://www.myyogafitness.com)  
 Instructor / Erica Boos, RYT

Join  
Us  
Anytime