

1. Complete Form & Send With Payment To:
YOGA FITNESS
GOOD HOPE SCHOOL
2315 W. GOOD HOPE ROAD
GLENDALÉ, WI 53209

2. or call Erica at (414) 559-5567 or
 Nicolet Recreation at (414) 351-7566

Name _____
 Address _____
 City _____ Zip _____
 Day Contact Phone _____
 Email _____
 Emergency Contact Phone _____

SESSION DATES:

9/6-10/27
 11/1-12/20* skip 11/24

RESERVE CLASS SPACE FOR:

Evening Flow Yoga

- TUE 6-7pm (Fee \$70)
- THUR 6-7pm (Fee \$70* - Nov-Dec session \$62)
- Both TUE& THUR 6-7pm (Reduced Fee \$125)

Morning Gentle Yoga

- THUR 9:30-10:30am

PAYMENT INFO:

- Check (Payable To Erica Boos) Cash
- Online Credit Card Registration is available through
 Nicolet Rec at 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 _____

2011 Schedule & Fees

GLENDALÉ
 Good Hope School
 2315 W. Good Hope Rd.

Evening Flow Yoga TUES / 6:00-7:00PM
 THUR / 6:00-7:00PM

9/6-10/27
 11/1-12/20* skip 11/24

Morning Gentle Flow THUR / 9:30-10:30AM

9/8-10/29
 11/3-12/22* skip 11/24

Fees and Details * *New Fee Effective 5/3/2011*

8-Week Sessions \$70
 7-Week Sessions \$62

Drop Ins \$10 / Join anytime & pro-rate fee

- 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 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.

YOGA FITNESS

Mind Body Wellness



FLOW YOGA CLASSES

For Every Body

Connect
 Restore
 Balance

- Find your center
- Improve flexibility
- Restore circulation
- Build strength
- Promote relaxation

GLENDALÉ /
 Good Hope School

(414) 559-5567
www.myyogafitness.com
 Instructor / Erica Boos, RYT

FALL SESSIONS
 START 9/6