

ADULT PROGRAMS

FITNESS FIRST AWARD

I'm serious about it!

Perfect attendance award

A T-shirt will be given to all who have perfect attendance in any fitness class from the beginning date of class until the ending date as stated in this book.

Attendance only is for the class you have enrolled in.

No make-ups are allowed.

Instructors will keep attendance sheets.

Contact your instructor the first day of class for specific details.

YOGA STRETCH

AGES: 18 and Older

WHERE: Community Center

WHEN: **Session 1:**

September 16 to October 21, 2008

Session 2:

November 4 to December 9, 2008

DAY: Tuesday (6 week session)

TIME: 9:00AM to 10:00AM

MIN/MAX: 8/15

FEE:

	Session 1		Session 2	
	Until Sept 7	After	Until Oct 31	After
Fitness Center Member	\$20	\$30	\$20	\$30
SH Resident	\$25	\$35	\$25	\$35
Non Resident	\$30	\$40	\$30	\$40

Improved posture, increased flexibility and strength training along with balance and stability are just some of the benefits of Yoga Stretch. Decrease tension and improve your mood as you follow the poses in this enjoyable class.

COMPLIMENTARY CLASS PASS

Name of class **Date**

Print Participant Name

Participant Signature

Instructor Signature

A maximum of 2 free classes per participant.

NOTE: Guest Pass cannot be used for classes filled to capacity. Guest pass does not guarantee enrollment in classes filled to capacity. Please give this pass to the instructor.

EXPIRES 9-20-2008

Must be 18 years of age or older.

