



PILATES WITH YOGA
Mondays, Wednesdays & Fridays
September 13-October 29
9 a.m.

\$70 for 20 classes

Printed Name

Date

Please be sure to complete and return the following for calendar year 2021:

- Participation Waiver and Release
- Questionnaire Regarding Exercise/Health Program
- Statement of Health Status (if necessary)
- Senior Center Membership Registration Form (if not a member)