



**Ballston Spa Central School District**

**Adult Fitness "YogaFit" Program**

**Session #1**

January 8, 2025 – February 26, 2025  
Meet us in the Middle School Aux. Gym

Wednesdays: 6:30pm – 7:45pm  
This is a 6 class Adult Yoga session

\*No YogaFit: 1/29/25 and 2/19/25  
due to school event/closing



- This session includes 6 classes. \* Classes will be canceled when schools are closed.
- Participants **MUST** bring their own yoga mat and towel. We will not be able to provide them.
- Fees: \$50 for district residents. \* Non-residents, please include a \$5 out-of-district fee.
- Please make checks payable to Ballston Spa Central School District

**PRE-REGISTER IS REQUIRED TO PARTICIPATE IN THIS PROGRAM**

- ✚ Please register by completing the form below and mail with program fee(s) to:  
BSCSD, Office of Community Relations, 70 Malta Avenue, Ballston Spa, NY 12020.  
For questions or more information, please call 884-7195 ext. 1329 or visit [www.bscsd.org](http://www.bscsd.org)

Please complete **ALL INFORMATION** on the registration form below and return with payment

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Contact Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Emergency Contact and Number:** \_\_\_\_\_

**Program:** \_\_\_\_\_ **Amount Enclosed:** \_\_\_\_\_

*\* FOR OFFICE USE ONLY \**

Received by: \_\_\_\_\_ Date: \_\_\_\_\_

Form of Payment: \_\_\_\_\_ Check #: \_\_\_\_\_

Amount Paid: \_\_\_\_\_ Program: YOGA \_\_\_\_\_