

Hatha Yoga

Thursdays

5:30p.m. - 6:45p.m

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- \$10 Drop-In
- \$30 Punch Card
(Good for 5 classes)
- \$60 Punch Card
(Good for 10 classes)

Ages 16 & Up

Classes held at
**Burlington Parks &
Recreation Center**
900 E Fairhaven Ave
Holly Street Entrance

New?
First Class
is FREE

Newcomers
Welcome!

*This is a GREAT yoga class for
experienced yogis &
for those just beginning
their yoga journey!*



*Instructor Sherry Thostenson will lead you through a
blend of traditional Hatha Yoga poses with emphasis on
the link between breath & movement. Regular practice
will help you achieve
and maintain the goals of:*

- Increased Strength
- Reduced stress
- Improved Balance

Have Questions?
Please let us know!

Burlington Parks & Recreation
(360) 755-9649
Recreation@burlingtonwa.gov



Pre-registration is available, but not required

Hatha Yoga

REGISTRATION FORM

Today's Date: _____

FREE (First time participants only)

\$10.00 Drop-in Fee

\$30.00 Punch Card (Valid for 5 classes over a 12-week period).

\$60.00 Punch Card (Valid for 10 classes over a 16-week period).

- ⊙ **Punch cards are valid for 12 or 16 weeks, depending on quantity purchased. Validity time-periods cannot be extended.**
- ⊙ **Punch cards are not refundable and not transferable.**
- ⊙ **Credits cannot be given for unused portions.**

Cash: \$ _____ Check# _____ (Payable to B.P.R.)

Visa/Mastercard# _____ Exp ____/____

3-Digit Numeric from signature panel _____ Billing Zip _____

Recent Changes? First Time Participant? If so, please complete the following:

Name: _____

Mailing Address: _____

City/Zip: _____

Day Phone: _____

Email: _____

Hold Harmless Agreement: In consideration of registration acceptance, I hereby for myself, my child or children when applicable, my heirs, executors and administrators waive and release any and all rights and claims for damages I or my children may have against the City of Burlington, their Elected Officials, Employees, Instructors and Agents for any and all injuries suffered by myself or my children while going to, participating in or returning from this activity. I have read this statement and my signature below verifies my and my child's acceptance of these conditions. I realize there is no personal injury insurance. PHOTO RELEASE: I grant full permission to use any photographs of this program in promotion of the Burlington Parks and Recreation Department.

Your printed name: _____

Daytime Phone: _____

Your signature: _____