

# 2010 November 1 – December 16 Class Registration Form

No class Thanksgiving

Registration begins Saturday, October 16<sup>th</sup> at 7:00 am.

Make checks payable to SPMH or Sauk Prairie Memorial Hospital

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency Phone \_\_\_\_\_

## **CIRCLE class(es) & price(s) for you:**

### **WATER CLASSES**

#### **ARTHRITIS WATER EXERCISE**

M/W 11:15 - 12 NM \$63 M \$49

T/Th 10:30 - 11:15 NM \$58.50 M \$45.50

#### **WATER EXERCISE**

M/W 9:00 - 9:45 am NM \$63 M \$49

M/W 5:00 - 5:45 pm NM \$63 M \$49

M/W 6:00 - 6:45 pm NM \$63 M \$49

T/Th 6:00 - 6:45 am NM \$58.50 M \$45.50

T/Th 8:30 - 9:15 am NM \$58.50 M \$45.50

#### **AQUA MOTION**

M 10:00 - 11:00 am NM \$56 M \$46.50

W 10:00 - 11:00 am NM \$56 M \$46.50

#### **WATER YOGA**

T/Th 9:30 - 10:15 am NM \$78 M \$65

## **CIRCLE class(es) & price(s) for you:**

### **EXERCISE ROOM CLASSES**

**\*New\* MOTHER/BABY YOGA (no class Nov. 8)**

M 11:30am - 12:15pm NM \$36 M \$30

**\*New\* BEGINNERS YOGA**

T/Th 12:00 – 12:45 pm NM \$58.50 M \$48.75

**ZUMBA® (no class Nov. 11)**

M/W 6:00 - 6:45 pm NM \$52 M \$42

**EARLY BIRD STEP & TONE (no class Nov. 10)**

T/Th 5:15 - 6:00 am NM \$48 M \$36

#### **BODY TONING**

T/Th 4:45 - 5:30 pm NM \$52 M \$39

#### **CARDIO TONE**

T/Th 5:45 - 6:30 pm NM \$52 M \$39

#### **YOGA IN THE IYENGAR TRADITION**

M 8:00 - 9:00 am NM \$36 M \$30

(class ends Dec. 6)

M 7:00 - 8:00 pm NM \$36 M \$30

(class ends Dec. 6)

W 8:00 - 9:00 am NM \$36 M \$30

(class ends Dec. 8)

**TOTAL:** \_\_\_\_\_