

Wellspring Plus Summer 2010 Class Registration Form

Registration begins Saturday, June 5th at 7:30am.

First Name _____ Last Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ Email _____

Emergency Contact _____ Emergency Phone _____

POOL CLASSES

ARTHRITIS WATER EXERCISE

Session 1

- M/W 11:15-12:00 NM \$54 M \$42
- T/Th 10:30-11:15 NM \$54 M \$42

Session 2

- M/W 11:15-12:00 NM \$45 M \$35
- T/Th 10:30-11:15 NM \$45 M \$35

WATER EXERCISE

Session 1

- M/W 9:00-9:45 am NM \$54 M \$42
- T/Th 8:30-9:15 am NM \$54 M \$42
- M/W 5:00-5:45 pm NM \$54 M \$42
- M/W 6:00-6:45 pm NM \$54 M \$42

Session 2

- M/W 9:00-9:45 am NM \$45 M \$35
- T/Th 8:30-9:15 am NM \$45 M \$35
- M/W 5:00-5:45 pm NM \$45 M \$35
- M/W 6:00-6:45 pm NM \$45 M \$35

Early Bird:

- T/Th 6:00-6:45 am NM \$45 M \$35

AQUA MOTION

Session 2 only

- W 9:45-10:45 am NM \$35 M \$30

EXERCISE ROOM CLASSES

ZUMBA®

Session 1

- M/W 6:00-6:45 pm NM \$40 M \$30

Session 2

- M/W 6:00-6:45 pm NM \$32 M \$24

EARLY BIRD STEP & TONE

Session 1

- T/Th 5:15-6 am NM \$40 M \$30

Session 2

- T/Th 5:15-6 am NM \$32 M \$24

BODY TONING

Session 1

- T/Th 4:45-5:30 pm NM \$40 M \$30

Session 2

- T/Th 4:45-5:30 pm NM \$40 M \$30

CARDIO TONE

Session 1

- T/Th 5:45-6:30 pm NM \$40 M \$30

Session 2

- T/Th 5:45-6:30 pm NM \$40 M \$30

YOGA IN THE IYENGAR TRADITION

Session 1 only

- W 8- 9 am NM \$30 M \$25

TOTAL: _____

Wellspring Plus, 80 First St.,
Prairie du Sac WI 53578