



We build strong kids, strong families, strong communities.

Yoga – An In-depth Look at Yoga and its benefits!

Name _____ Birth date ____/____/____ Age _____

Address _____ Email _____

Home Phone _____ Cell/Business Phone _____

Dates & Times: Jan 5-21, 2010 on Tuesday and Thursday 12:00 PM – 1:00 PM

CLASS FEE: \$50 for MEMBERS \$75 for NON-MEMBERS

MUST REGISTER BY DECEMBER 29, 2009

Notice: Participants in the YMCA FITNESS CLASSES are not covered by accident insurance. It is advised that you make your own arrangements. I above named candidate wishing to participate in this fitness class hereby release and absolve the Frank B Phillips Memorial YMCA, sponsors, staff, directors, and participants from any injury arising out of participating in this program. I assume all risk and hazards in this class. I hereby grant permission to the F. P. Phillips YMCA to use photographs and illustrations for reproduction in marketing materials for the YMCA. This includes print advertisement, printed brochures, presentations, videos, interactive and web based versions.

I AM IN GOOD HEALTH AND HAVE NO MEDICAL PROBLEMS.

SIGNATURE: _____ DATE: ____/____/____

FYI: NO REFUND ON ALL PROGRAMS

www.columbus-YMCA.com

