

8 week New Year Session
January 13 - March 5, 2020
Functional Movement Practice

Name _____

Address _____

Phone _____

E-Mail _____

Class Day Time Fee

2nd Class Time Fee

Total Fee Paid _____

Do you have any *Medical Conditions / Injuries* that influence your well-being? Yes No
If Yes, please give details: _____

I, the undersigned, voluntarily register for exercise class(es) and agree to assume full responsibility for my health and well-being while participating in class. I have read the class descriptions & I am enrolling into the class level most suitable for me. I will not ever hold Yoga Practice Center or the instructor responsible for illness or injury occurring in a yoga class, or while I am on the premises. *I understand classes will be challenging & vigorous with risks.* I have read & agree to follow studio policies.

Signature: _____

Date: _____

Please sign, date,
and return with fee
before classes begin:

Yoga Practice Center, LLC
9885 Ann Arbor Road West
Plymouth, MI 48170

Detach here

Detach here

Detach here

Level 1: No prerequisite
Learn the basic fundamentals of healthy movement. Sarvangasana, shoulderstand, and Halasana, plow pose, may be introduced. Resistance bands, springs and other equipment used to gain in strength & flexibility. Classes are vigorous. **Note:* Classes are designed for Adults who are physically fit & exercise in between classes. *No Medical or Health concerns.*

Ageless Tuesday: Active Adults Welcome
This is a slower paced exercise class for all ages. Enjoy basic functional movement & yoga poses, often with support. Progress at your own rate. *Designed for physically active adults with no Medical or Health concerns.*

Levels 1 & 2: *No Prerequisite:*
Practice the fundamentals of healthy innovative movement according to ability. Sarvangasana, shoulderstand, and Halasana, plow pose will be practiced according to experience, modifications are always offered. Designed for Adults who are physically fit & exercise in between classes. *No Medical or Health concerns.*

Level 2: **Exercise regularly, on your own, to keep up with the pace of this class.* Sarvangasana, shoulderstand, Halasana, plow pose, & Sirsasana, headbalance, are practiced according to understanding & experience. Designed for Adults who are physically fit, *No Medical or Health concerns.*

New Year Session 2020: January 13 - March 5

Monday	Tuesday	Wednesday	Thursday
	10:30-12:00pm Ageless All Levels		10:30-12:00pm Levels I & 2
6:00-7:30pm Level I	5:45-7:15pm Level 2	6:30-8:00pm Levels I & 2	7:00-8:30m Levels I & 2
Winter Note: No Classes if schools are closed. Make-up missed classes.			

Studio Policies Please read this before signing registration form.

- ◆ Register 7 days before session begins, class will not run if under-enrolled.
- ◆ Make-Up Classes: Make-up a missed class this session. *Please understand, No carry-overs to next session.*
- ◆ Drops are accepted & refunds given up to the start date of the session.
- ◆ No refunds or credits are given once session begins.
- ◆ As a courtesy, PLEASE Arrive 10 minutes before class begins.
- ◆ Note: All classes are designed for *Active Adults* who exercise daily.

8 Week New Year Fee

Registration Process

Clothing & Equipment

Entire Session (one class per week)	\$145
Take a Second Class (two classes per week)	\$120
Drop-in (single class)	\$20

Sign & date form. Enroll, with payment, please. (Please, submit your signed registration form & full payment before coming into classroom.) Payment is appreciated.

Wear t-shirt, tights or shorts, Most of the exercises will be practiced with Bare Feet. *No perfumed products.* For hygienic purposes, Please Bring Your Own Sticky Mat.