

# Group Exercise

## Summer Yoga for Kids

5 week session with Gwen Reader

Learn yoga poses and take time out to stretch and relax, find a new way to breathe and improve posture.

**Dates:** July 13,20, & 27, August 3 & 10

**Ages:** 9 to 12 years

**Days:** Mondays

**Time:** 4:30PM

**Fee:** Junior Member \$29 <sup>plus tax</sup>  
Child of Member \$49 <sup>plus tax</sup>  
Non-Member \$59 <sup>plus tax</sup>

For more information contact [phoff@sportsplex-ct.com](mailto:phoff@sportsplex-ct.com)  
Sign up at front desk

Registration Form

### Summer Yoga for Kids with Gwen Reader

Name \_\_\_\_\_ Member No. \_\_\_\_\_

Male  Female Date of Birth \_\_\_\_\_

Address City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work / Cell Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

Member  Non-Member

Method Of Payment:  House Charge  Cash  Check  Credit Card

Credit Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

#### Waiver of Liability

*I represent that my child is in good physical condition and has no disability, impairment or ailment preventing participation in the club's fitness and sports programs. I recognize the risk of injury in any exercise program and my child is participating upon the express agreement and understanding that I am hereby waiving and releasing Sportsplex from any claims, costs, liabilities and injuries incurred while on these premises.*

Signature \_\_\_\_\_

Date \_\_\_\_\_

ring code  
(E201)

**SPORTSPLEX**