

WINTER 2020 REGISTRATION FOR YOGA

**Maple Grove United Church
Runs from January 8 – April 8**

Name (First & Last):

Address (Street, City, Postal Code, Appt and/or Unit #):

Email Address:

Phone Number:

Emergency Contact (name, number & relations):

Class Selection

Please indicate with an X for your choice(s).

(Prorated for midseason registration – please contact Leah for rate.)

Wednesdays **CHAIR YOGA** from 10:30-11:30 in the Friendship Room
Cost: \$140 for 14 weeks or \$15/class for drop ins.
Start date January 8 – April 8.

Fridays Gentle Bodies **MAT YOGA** from 10:55am-12:00pm in the Friendship Room
Cost: \$130 for 13 weeks or \$15/class for drop ins.
Start date January 10 – April 3. No class April 10 for Good Friday.
Classes on Feb 28, Mar 6 & 13 will start at 10:45am

Payment Options

Please indicate with an X for your choice.

Cash – exact please if you are paying with this option.

Cheque

Yoga: Please make it out to Leah Nicoletta

Additional Info:

Please bring your form and payment with you to your first class.

Leah Nicoletta Fitness & Yoga Instructor: 905-580-1457 or Leah@HealthyFinish.ca

Did you know we also have exercise classes? Total Body Workout runs 3x a week and Sit Fit runs Monday mornings. Contact me for more info.

Thank you so much for your interest and ongoing support with running these classes. All profits from the exercise classes go directly to the church. The church benefits from the rental fee paid for running the yoga classes. 😊