Chatham Community Center

Yoga Stretch

Instructor: Terry Bergquist A.F.F.A. certified Personal Trainer, S.C.W. certified Personal Trainer, S.C.W. certified Small Group Personal Trainer

Who: Anyone interested in a guided stretching routine to improve posture, alignment, flexibility & relaxation. No yoga experience required!

Location: Community Center Aerobics Room

When: Mondays and Fridays 10 – 11 A.M.
Registration Fee: $10 per class

Description: A one hour stretch class that helps to promote better posture, alignment, flexibility and relaxation. Utilizing basic flowing yoga poses, combined with deeper stretches, all poses will be based on individual ability and modifications will be offered. Breath awareness and relaxation will be encouraged throughout class, with a brief meditation at the end of the hour.

Bring: Wear comfortable exercise clothes, and bring a yoga mat if you have one.

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Yoga Stretch Class

Name: _____ D.O.B._____

Residential Address:_____
Street Address (required) Town (Chatham, North, South, West, Port?)

Mailing Address:_____
Street#/P.O. Box Town State Zip

Home #: _____ Work/Cell #: _____

Email Address: _____

Emergency Contact: _____ Telephone #:_____

Physician: _____ Telephone #:_____

Are there any allergies, medications or health issues that we should know about?

In consideration of your accepting my entry, I, the undersigned adult participant, intending to be legally bound do hereby for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims or damages I may accrue against the Town of Chatham, its contractors, instructors, aides, their successors, representatives and assigns, for any and all injuries suffered as a result of traveling to and from and while participating in the above named program. Further, I give my permission to receive medical treatment in the event of injury while participating in the above named program. In the absence of a signature below, payment of fees and participation in the program shall constitute acceptance of the conditions set forth in the waiver. I agree that pictures taken during program hours may be used for future promotional purposes.

_____ Date: _____
Signature

Registration Form Received By: _____ Date: _____