

PiYo/Country Heat



Please complete this registration if you wish to participate in PiYo or Country Heat. Dance Fitness, Ai-Chi Water, and Water AM fitness classes will remain using the punch card method.

REGISTRATION FORM AND FEES: Complete and detach the registration form below and return with appropriate registration fee or register online. Internet registration can be found at www.wahoo civiccenter.com.

MULTI-CLASS DISCOUNT: Register for both classes by 8pm on April 18th and receive a \$10 discount! You must sign up in-person at the Civic Center front desk to receive this discount.

CLASS MINIMUM: A minimum of 10 people must be registered per class by April 25th for the class to be held. If this criteria is not met, refunds will be issued.

PROGRAM FORMAT: Each class meets once per week on Wednesdays. The May session will be held on all corresponding dates in May ending May 23rd. Classes will be held in the Civic Center gym or comparable setting.

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. The speed is increased to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Country Heat includes great country music with simple moves, line dance-inspired. Set to chart-topping country music, the moves are so easy it's like walking, but way more fun.

Both of the above classes are through the Beach Body program and Shannon Hoover is a certified instructor!

(See reverse side for additional information.)



REGISTRATION FORM – PiYo &/or Country Heat (Session #5 – May)

Participant's Name _____ Address _____ City/Zip _____

Preferred days of Future Classes: _____

Preferred time of Future Classes: _____ Primary Phone _____

How did you hear about this Class _____ Email address _____

In order to take advantage of the member rate, the participant must have a current Civic Center membership.

Please indicate the class for which you are registering by circling the appropriate box.

Return registration form to:
Wahoo Civic Center.
310 North Linden
Wahoo, NE 68066

CLASS	MEMBER	NON-MEMBER
PiYo (We 6:30-7:30)	\$17.50	\$25
Country Heat (We 7:30-8:30)	\$17.50	\$25

(Note: Sales tax will be added to the above rates.)

Date Pd. _____		Cash <input type="checkbox"/> Check <input type="checkbox"/> Chk. # _____		FOR OFFICE USE ONLY		Credit Card <input type="checkbox"/> Amount Pd. _____		Staff Member _____	
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