

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.wahoociviccenter.com.

MULTI-CLASS DISCOUNT: Register for two classes by 8pm on February 28th and receive a \$10 discount! Register for all three classes by 8pm on February 28th and receive a \$15 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 for the class to be held. If this criteria is not met, refunds will be issued.

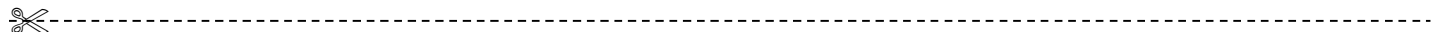
PROGRAM FORMAT: PiYo meets once per week on Wednesdays. Country Heat offers two classes...one on Mondays and one on Wednesdays (register for each class separately). Session #3 will be held on all corresponding dates in March. Classes will be held in the Civic Center gym or a comparable setting.

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 #3 – March)

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 (Wed 6:30p-7:30p)	\$17.50	\$25
Country Heat (Wed 7:30p-8:30p)	\$17.50	\$25
Country Heat (Mon 7:30p-8:30p)	\$17.50	\$25

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