

Yoga with Michelle

(Fitness age 12+)

Join yoga instructor Michelle at the CYCC MAC room on Saturday afternoons from 3-5pm for yoga. The focus of this group is for the teens to benefit physically and mentally from yoga. Increased flexibility, cardio health, muscle strength, body awareness, and stress reduction are just some of the benefits. After some yoga the teens will make a healthy snack. There will be a cost of \$12 per session for the instructor fee and snack supplies.

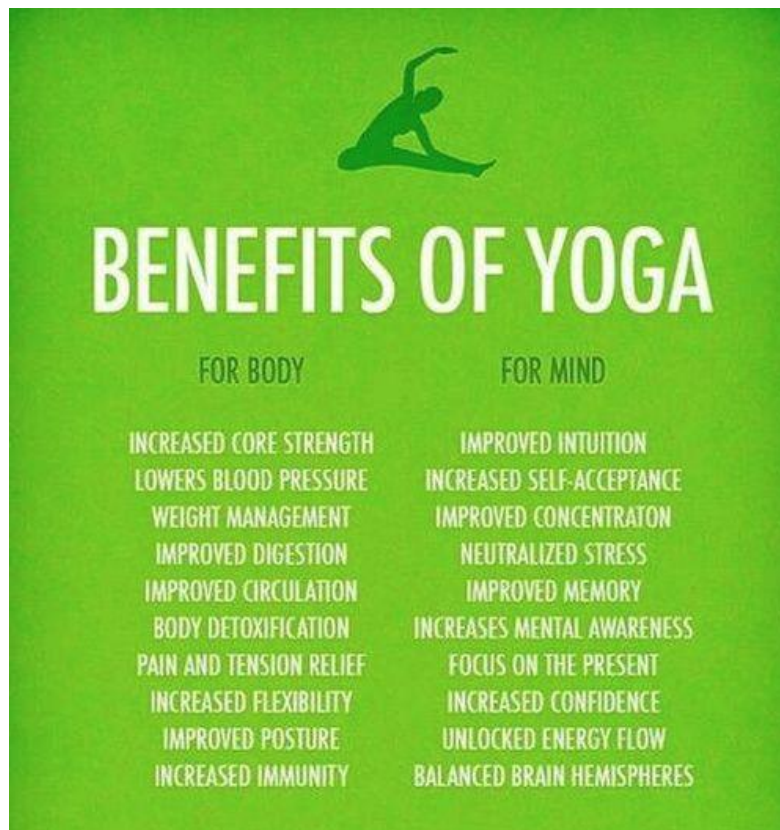
Dates

September 29

October 13

November 10

December 8



Yoga with Michelle

(Fitness age 12+)

Registration Form

Child's Name: _____ Date of Birth: _____

Parents/Guardians: _____

Phone #: _____ Phone #: _____

Email Address: _____

Date	Select Days
September 29, 2018	<input type="checkbox"/>
October 13, 2018	<input type="checkbox"/>
November 10, 2018	<input type="checkbox"/>
December 8, 2018	<input type="checkbox"/>

Please initial:

**** ___ I understand that the program costs are non-negotiable.****

**** ___ I understand that the program costs will be invoiced at the end of the month.****

**** ___ I understand that I will be billed for the full length of the program directly without 24 hour cancellation notice.****

Please fax/email/drop off to:
#3 Spruce Ave Sherwood Park.
Bailey Wojciechowski, Group Programs Facilitator
familysupport@robinhoodassoc.com Fax: 780-640-9404

Office Use only	Current
FSCD Contract	
Forms	
Scanned	
Entered	