



Class Description: Gentle, life-enhancing yoga to develop a mindful spirited use of your body and breath. Explore a variety of asanas (postures) to increase your strength and flexibility, and calm your mind. Bring a yoga mat. Blanket, block and belt helpful but optional. On-going classes to join any time. This is a mixed level class. **A minimum of 5 participants is needed, per month, so sign up with a friend!**

Price per month: \$32 for 4 classes a month.

Select your class(es) on the reverse side of this form



****Please note that you are paying for a calendar month, you may not carry any missed classes over to the next month. Any months that may have 5 Wednesdays are still charged the \$32 rate.**

Days/Times: This class is held on Wednesday mornings from 9:45-10:45am

Class location: Berkeley 2000 Recreation Center in the large dance studio. This studio is located through the administrative offices. The address is 273 Woodbury Avenue, Martinsburg, WV 25404

Participant's Name _____ Date of Birth _____ Gender M F

Address _____ Age _____

City, _____ State, _____ Zip _____

1st Phone #: _____ 2nd Phone #: _____

E-mail Address: _____

For Text Alerts please provide: Cell Phone #: _____ Carrier: _____
(Carrier is Sprint, Verizon, US Cellular, etc.)

Do you have any medical conditions of which we should be aware? Yes No.
If yes, please explain: _____

Emergency Contact Name(s) _____ Phone _____

LIABILITY WAIVER: The undersigned, in consideration of being granted permission to participate in the Martinsburg-Berkeley County Parks & Recreation programs, agrees that undersigned shall indemnify and hold forever harmless the Martinsburg-Berkeley County Parks & Recreation and its employees against any liability as a result of any accident, injury or other mishap that may occur to anyone during, or as a result of said use of our facilities and property while participating in such programs. The undersigned further agrees to defend against any claim brought against the Martinsburg-Berkeley County Parks & Recreation or any of its employees as a result of any such accident, injury or mishap. All property maintained and operated by the Martinsburg-Berkeley County Parks & Recreation Board is owned by the City of Martinsburg, Berkeley County Commission, or Berkeley County Board of Education. Let it be understood that the undersigned, agrees that undersigned shall indemnify and hold forever harmless all elected officials to these three respected bodies and its employees against any liability as a result of any accident, injury, or other mishap that may occur to anyone during, or as a result of said use of those facilities and property.

PHOTOS: The Martinsburg-Berkeley County Parks & Recreation Board reserves the right to take pictures at all events and programs. Pictures may be displayed in future Parks & Recreation brochures and publications.

MEDICAL RELEASE: I further grant permission for emergency first-aid to be given in case of injury. If deemed necessary, I grant permission to be taken to the emergency room of a nearby hospital and its staff has my authorization to provide treatment which a physician deems reasonably necessary for my well-being.

REFUND POLICY: Martinsburg-Berkeley County Parks & Recreation will give full refunds only for programs/leagues we are unable to offer.

Signature of participant: _____ **Date:** _____

MONTH	✓	CLASS #	CLASS NAME	OFFICE USE ONLY
JAN		1902.1200	ADULT YOGA - JANUARY	A: _____ #: _____ D: _____
FEB		1902.1300	ADULT YOGA - FEBRUARY	A: _____ #: _____ D: _____
MARCH		1902.2100	ADULT YOGA - MARCH	A: _____ #: _____ D: _____
APRIL		1902.2200	ADULT YOGA - APRIL	A: _____ #: _____ D: _____
MAY		1902.2300	ADULT YOGA - MAY	A: _____ #: _____ D: _____
JUNE		1902.3100	ADULT YOGA - JUNE	A: _____ #: _____ D: _____
JULY		1902.3200	ADULT YOGA - JULY	A: _____ #: _____ D: _____
AUG		1902.3300	ADULT YOGA - AUGUST	A: _____ #: _____ D: _____
SEPT		1902.4100	ADULT YOGA - SEPTEMBER	A: _____ #: _____ D: _____
OCT		1902.4200	ADULT YOGA - OCTOBER	A: _____ #: _____ D: _____
NOV		1902.4300	ADULT YOGA - NOVEMBER	A: _____ #: _____ D: _____
DEC		1902.4400	ADULT YOGA - DECEMBER	A: _____ #: _____ D: _____