



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!**

*****PLEASE NOTE MASK MUST BE WORN UPON ENTERING THE BUILDING, AS WELL AS DURING THE CLASS*****

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

****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 via the ramp to the right of the administrative offices.. The address is 273 Woodbury Avenue, Martinsburg, WV

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:** _____



You may register by mail or drop off your registration form to one of the following locations: (304) 264-4842- Berkeley 2000 Recreation Center Office, 273 Woodbury Avenue, Martinsburg, WV 25404, Mon-Fri from 8:30am-You may also register at our website: www.mbcparcs-rec.org. (Please note there is a 2.6% merchant fee when paying by credit card and a 1.0% merchant fee when paying online with an e-check.)

COVID-19 LIABILITY RELEASE

I acknowledge the contagious nature of the Coronavirus/COVID-19 and that the CDC and many other public health authorities still recommend practicing social distancing.

I further acknowledge that M-BC Parks & Recreation has put in place preventative measures to reduce the spread of the Coronavirus/COVID-19.

I further acknowledge that M-BC Parks & Recreation cannot guarantee that I will not become infected with the Coronavirus/Covid-19. I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and others.

I voluntarily seek services provided by M-BC Parks & Recreation and acknowledge that I am increasing my risk to exposure to the Coronavirus/COVID-19. I acknowledge that I must comply with all set procedures to reduce the spread while attending your facilities.

I attest that:

* I am not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.

* I have not traveled internationally within the last 14 days.

* I have not traveled to a highly impacted area within the United States of America in the last 14 days.

* I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.

* I have not been diagnosed with Coronavirus/Covid-19 and not yet cleared as non-contagious by state or local public health authorities.

* I am following all CDC recommended guidelines as much as possible and limiting my exposure to the Coronavirus/COVID-19.

I hereby release and agree to hold M-BC Parks & Recreation harmless from, and waive on behalf of myself, my heirs, and any personal representatives any and all causes of action, claims, demands, damages, costs, expenses and compensation for damage or loss to myself and/or property that may be caused by any act, or failure to act of M-BC Parks & Recreation, or that may otherwise arise in any way in connection with any services received from M-BC Parks & Recreation. I understand that this release discharges M-BC Parks & Recreation from any liability or claim that I, my heirs, or any personal representatives may have against M-BC Parks & Recreation with respect to any bodily injury, illness, death, medical treatment, or property damage that may arise from, or in connection to, any services received from M-BC Parks and Recreation. This liability waiver and release extends to the administration, staff, partners, and employees.

Signature: _____ Date: _____

OFFICE USE ONLY:

January	1902.1100		A:	July	1902.3100		A:
			#:				#:
			D:				D:
February	1902.1200		A:	August	1902.3200		A:
			#:				#:
			D:				D:
March	1902.1300		A:	September	1902.3300		A:
			#:				#:
			D:				D:
April	1902.2100		A:	October	1902.4100		A:
			#:				#:
			D:				D:
May	1902.2200		A:	November	1902.4200		A:
			#:				#:
			D:				D:
June	1902.2300		A:	December	1902.4300		A:
			#:				#:
			D:				D: