

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.

PROGRAM FORMAT: Each class meets once per week on Wednesdays. Session #1 will be held on Wednesdays in January. Classes will be held in the Civic Center gym.

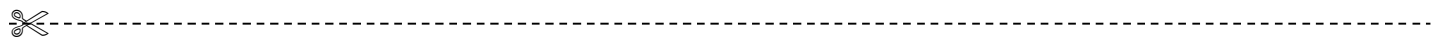
PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. The speed is increased to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

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. Shannon Hoover is a certified instructor in both classes!

UPCOMING CLASSES: If demand exists after completion of January's session we will offer classes in February.... furthermore if significant interest exists we will add additional classes/days! Updates will be posted via WP&R website and Facebook page.

(See reverse side for additional information.)



REGISTRATION FORM – PiYo and Country Heat (Session #1 – January)

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, you must have a current Civic Center membership.

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

Return registration form to the Civic Center.
 310 N. Linden St.
 Wahoo, NE 68066

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