



**2010 FALL FITNESS
REGISTRATION FORM**

LAST NAME _____ FIRST NAME _____

ADDRESS _____ CITY _____ ZIP _____

PHONE 1 _____ PHONE 2 _____

PARTICIPANT'S NAME	M/F	BIRTH DATE	CLASS #	ACTIVITY	FEE
TOTAL AMOUNT DUE					

LIABILITY INFORMATION: You should be aware that Parks & Recreation programs involve an element of risk or danger for all participants and may cause serious injury, death, or property loss. The Neenah Parks and Recreation Department does not provide nor cover any medical or hospital insurance for participants in our programs. All persons participating in NPRD sponsored activities must provide their own insurance and assume risk of all injuries.

SIGNATURE: _____ DATE: _____
(Parent/Guardian Signature if under 18)
I have read and understand the liability information listed above.

Mail or drop off form and payment to: NPRD
P.O. Box 426
Neenah, WI 54957-0426

OR Register online at www.neenahgov.org Call our office to obtain your Household ID Number (920) 886-6060

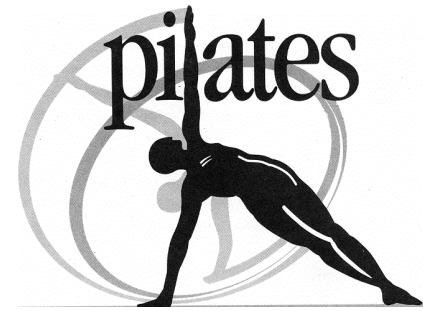


**2010 NEENAH PARKS &
RECREATION DEPARTMENT**

**FALL FITNESS
CLASSES**

Ages 15 +
(2 sessions of each class available, September – December)

- ZUMBA ®**
- PILATES**
- VINYASA FLOW YOGA**
- HATHA YOGA**



INTRO TO HATHA YOGA – FREE WORKSHOP

Wednesday, September 8, 9:30AM – 10:30AM

Memorial Park, Appleblossom Shelter

This workshop will help you understand how hatha yoga is accessible for all ages and fitness levels. You will be introduced to the fundamentals of breathing and alignment in postures and will explore modifications best suited for you.

NO REGISTRATION REQUIRED

HATHA YOGA

Instructed by Deb Sommerhalder, E-RYT

In this slow paced class you will explore breathing and postures with an emphasis on alignment, mindful movement, relaxation, and meditation. These practices will help cultivate strength, balance, flexibility and a calm mind. This class is accessible for beginners and seniors with the use of props and modifications. Experienced and athletic students will be shown more advanced variations to receive a more challenging practice. Comfortable clothing, yoga mat, and a large towel or blanket is recommended.

LOCATION: Memorial Park, Appleblossom Shelter

CLASS #	DAY	DATES	TIMES	COST
SESSION I – 6 Weeks				
322409 - A	Monday	Sep. 13 – Oct. 18	9:30AM – 10:30AM	\$30.00
322409 - B	Wednesday	Sep. 15 – Oct. 20	9:30AM – 10:30AM	\$30.00
SESSION II – 7 Weeks				
322409 - C	Monday	Oct. 25 – Dec. 13 (No class Nov. 22)	9:30AM – 10:30AM	\$35.00
322409 - D	Wednesday	Oct. 27 – Dec. 15 (No class Nov. 24)	9:30AM – 10:30AM	\$35.00

VINYASA FLOW YOGA

Rejuvenating flow yoga practice for ALL levels, which will indulge the physical body, emotions, mind, and heart. Comfortable clothing, yoga mat, and a large towel or blanket is recommended.

LOCATION: Memorial Park, Appleblossom Shelter. Instructed by Sue Houlihan RYT, CYT, CTA, CPT and Lea Ann Konizter – Schneider RYT, CYT, CTA, CPT.

CLASS #	DAY	DATES	TIMES	COST
SESSION I – 7 Weeks				
322405 – A Instructor: Sue	Tuesday	Sep. 7 – Oct. 19	6:30PM – 7:30PM	\$35.00
322407 – A Instructor: Lea Ann	Thursday	Sep. 9 – Oct. 21	6:30PM – 7:30PM	\$35.00
SESSION II – 7 Weeks				
322405 – B Instructor: Sue	Tuesday	Oct. 26 – Dec. 14 (No class Nov. 23)	6:30PM – 7:30PM	\$35.00
322407 – B Instructor: Lea Ann	Thursday	Oct. 28 – Dec. 16 (No class Nov. 25)	6:30PM – 7:30PM	\$35.00

PILATES

Pilate's method of body conditioning will strengthen and tone muscles, promote flexibility and balance, improve posture, unite body and mind advanced variations to receive a more challenging practice. Comfortable clothing, yoga mat, and a large towel or blanket is recommended.

LOCATION: Memorial Park, Appleblossom Shelter. Instructed by Sue Houlihan RYT, CYT, CTA, CPT and Lea Ann Konizter – Schneider RYT, CYT, CTA, CPT.

CLASS #	DAY	DATES	TIMES	COST
SESSION I – 7 Weeks				
322406 -A Instructor: Sue	Tuesday	Sep. 7 – Oct. 19	5:30PM – 6:20PM	\$35.00
322408 – A Instructor: Lea Ann	Thursday	Sep. 9 – Oct. 21	5:30PM – 6:20PM	\$35.00
SESSION II – 7 Weeks				
322406 – B Instructor: Sue	Tuesday	Oct. 26 – Dec. 14 (No class Nov. 23)	5:30PM – 6:20PM	\$35.00
322408 – B Instructor: Lea Ann	Thursday	Oct. 28 – Dec. 16 (No class Nov. 25)	5:30PM – 6:20PM	\$35.00



Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. It combines high energy and motivating music with unique moves and combinations. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing participants to stick with it and achieve long-term health benefits. For class wear comfortable workout clothes and bring a water bottle and a small towel.

INSTRUCTED BY: Jacqueline Brown, Official Zumba Fitness Instructor.

CLASS #	DAY	DATES/LOCATION	TIMES	COST
SESSION I – 8 Weeks				
322420 - A	Monday	Sep. 13 – Nov. 1 Roosevelt Elementary	6:00PM – 7:00PM	\$40.00
322420 - B	Wednesday	Sep. 14 – Nov. 3 Hoover Elementary	5:30PM – 6:30PM	\$40.00
322420 - C	Thursday	Sep. 15 – Nov. 4 Hoover Elementary	5:30PM – 6:30PM	\$40.00
SESSION II				
322420 - D	Monday	Nov. 15 – Dec. 20 Roosevelt Elementary (No class Nov. 8)	6:00PM – 7:00PM 6 Week Session	\$30.00
322420 - E	Wednesday	Nov. 10 – Dec. 15 Hoover Elementary (No class Nov. 24)	5:30PM – 6:30PM 5 Week Session	\$25.00
322420 - F	Thursday	Nov. 11 – Dec. 16 Hoover Elementary (No class Nov. 25)	5:30PM – 6:30PM 5 Week Session	\$25.00

SAVE - SIGN UP FOR ANY TWO ZUMBA CLASSES IN THE SAME SESSION AND TAKE \$10.00 OFF YOUR TOTAL. DISCOUNT APPLIES ONLY TO MAIL IN OR WALK IN REGISTRATION