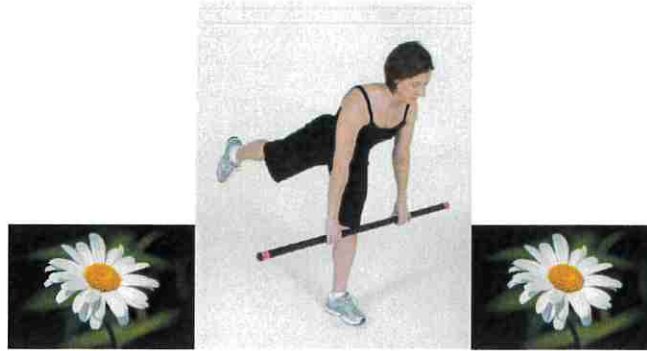


Centralia Recreation Center



## 4 Week Evening Low Impact Aerobics

Monday March 6, 2023 thru Thursday March 30, 2023

Class will be held 5:30 PM to 6:30 PM

Cost Per Session: \$48.00 for Members/\$3.00 per class

Class Instructor --- Christyne Robertson

***This class features Low Impact aerobic activity for ALL fitness levels and focuses on strength toning using 5 lb, 10 lb, and 15 lb Body Bars, Hand Weights, and Pilates Balls.***

Centralia Parks and Recreation Department, 802 W. Lakeview, Centralia, Missouri 65240

In order to hold a class, we must have a minimum of 8 students signed up per class time. If there are not enough students signed up in the class you checked, a refund of the registration fee will be sent to you. Please read our refund policy. **Please return this Aerobic Class Sign-Up Sheet** (checks payable to City of Centralia) to the front desk of the Recreation Center.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number/Numbers \_\_\_\_\_

Email Address \_\_\_\_\_

In Case of Emergency Contact \_\_\_\_\_

In consideration for the aerobic instructional services provided and to be provided to the participant, I, the undersigned, for myself, my heirs, personal representatives, guardians, legal representatives and assigns, do hereby release from liability and agree not to make or bring any claim or lawsuit of any kind, including any claim for personal injury or property damage, against the City of Centralia, Missouri or its officers, agents and employees, and the aerobic instructors and volunteers for any injury including death or for property damage or any legal claim which may be sustained or suffered by the above named participant in connection with these aerobic classes, including that which may arise out of the participant traveling to, participating in, or returning from the aerobics class. I, the undersigned, further agree to hold harmless and indemnify each legal entity and person released herein who incurs or pays any such damages or claim, or any costs relating thereto, including attorney fees.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

*(If school is canceled due to weather, classes at the Rec Center will be canceled as well)*

Centralia Recreation Center



## 4 Week March Step Aerobics

Beginning Tuesday February 28, 2023 thru Saturday March 25, 2023

**Classes will be held on Tuesday/Thursdays at 6:45 p.m. and Saturday mornings at 9:00 a.m.**

**Cost for session: \$36.00**

**Class Instructor – Emily Porter**

*This class uses the step platforms. The instructor will provide moves for the beginner, intermediate, and the advanced stepper. All instructions may be performed on the floor for those who do not prefer the platforms. Class may include the use of hand weights, medicine balls, and/or exercise mats. This class is perfect for all fitness levels as each person works at their own level.*

**Please return this Aerobic Class Sign-Up Sheet to:** Centralia Parks and Recreation Department, 802 W. Lakeview,  
Centralia, Missouri 65240

In order to hold a class, we must have a minimum of 8 students signed up per class time. If there are not enough students signed up in the class you checked, a refund of the registration fee will be sent to you. Please read our refund policy.

Name \_\_\_\_\_ (Please Circle) Male/Female

Address \_\_\_\_\_

Phone Number/Numbers \_\_\_\_\_

Email Address \_\_\_\_\_

In Case of Emergency Contact \_\_\_\_\_

In consideration for the aerobic instructional services provided and to be provided to the participant, I, the undersigned, for myself, my heirs, personal representatives, guardians, legal representatives and assigns, do hereby release from liability and agree not to make or bring any claim or lawsuit of any kind, including any claim for personal injury or property damage, against the City of Centralia, Missouri or its officers, agents and employees, and the aerobic instructors and volunteers for any injury including death or for property damage or any legal claim which may be sustained or suffered by the above named participant in connection with these aerobic classes, including that which may arise out of the participant traveling to, participating in, or returning from the aerobics class. I, the undersigned, further agree to hold harmless and indemnify each legal entity and person released herein who incurs or pays any such damages or claim, or any costs relating thereto, including attorney fees.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

*(If school is canceled due to weather, classes at the Recreation Center will be canceled as well)*

Centralia Recreation Center



## 5 Week March Yoga

**Beginning February 28, 2023 through March 30, 2023**

**Classes will be held Tuesday and Thursdays from 4:30 p.m. to 5:15 p.m.**

**Cost Per Session: Members-\$ 30.00**

**Class Instructor: Andrea Owens**

*This class focuses on improving core body strength, toning, balance, and flexibility by doing traditional Yoga poses for 30 minutes, followed by stretching and relaxation techniques.*

Please return this Class Sign-Up Sheet for the City of Centralia to: Centralia Parks and Recreation Department, 802 W. Lakeview, Centralia, Missouri 65240. In order to hold a class, we must have a minimum of 8 students signed up per class time. If there are not enough students signed up in the class you checked, a refund of the registration fee will be sent to you. Please read our refund policy.

Name \_\_\_\_\_ (Please Circle) Male/Female

Address \_\_\_\_\_

Phone Number/Numbers \_\_\_\_\_

Email Address \_\_\_\_\_

In Case of Emergency Contact \_\_\_\_\_ In consideration

for the Yoga instructional services provided and to be provided to the participant, I, the undersigned, for myself, my heirs, personal representatives, guardians, legal representatives and assigns, do hereby release from liability and agree not to make or bring any claim or lawsuit of any kind, including any claim for personal injury or property damage, against the City of Centralia, Missouri or its officers, agents and employees, and the Yoga instructors and volunteers for any injury including death or for property damage or any legal claim which may be sustained or suffered by the above named participant in connection with these Yoga classes, including that which may arise out of the participant traveling to, participating in, or returning from the Yoga class. I, the undersigned, further agree to hold harmless and indemnify each legal entity and person released herein who incurs or pays any such damages or claim, or any costs relating thereto, including attorney fees.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

*(If school is canceled due to weather, classes at the Rec Center will be canceled as well)*