



LATE FALL 2017 EXERCISE REGISTRATION FORM

SPONSORED BY ST. ANDREWS UNITED METHODIST CHURCH

Route 70 (next to Ponzio's Restaurant), Cherry Hill, NJ 08002

Tai Chi/ Qi Gong: Tai Chi is a Chinese martial and healing art designed to develop “chi” or energy within the body. It is characterized by slow, gentle movements. Qi Gong is the art and science of using breathing techniques, gentle movement, & meditation to cleanse, strengthen, and circulate the life energy (qi). Qigong practice leads to better health and vitality and a tranquil state of mind.

DKP (Dance, Kick, Punch): Very invigorating and fun workout incorporating lively dance moves with kick boxing techniques. One hour workout designed to burn calories and to tone your body.

Vinyasa Yoga: Stretching, yoga poses, sun salutations, flow with the breath... you burn calories and relax at the same time. It's invigorating, heat building with a delightful cool down. It's suitable for all levels.

Pilates: A progressive series of exercises that accommodate all fitness levels improve flexibility, builds strength and develops control and endurance in the whole body. It put emphasis on alignment, breathing, developing a strong core and improving coordination and balance.

Exercise Schedule

Type of Class	Day and Time	Instructor	Start / Stop	Cost for Session
Cardio/Strength	WILL RETURN IN JANUARY	Natalie Sandone	N/A	N/A
Tai Chi	Monday 7:00 – 8:00 p.m.	Carlos Santiago	11/6 – 12/18	\$10.00 per class
Pilates	Tuesday, 9:30 – 10:30 a.m.	Sue McCarroll	11/14 – 12/19 *	\$60.00/6 weeks
Dance, Kick, Punch	Tuesday 6:00 – 7:00 p.m.	Susan Leblang	11/7 - 12/19	\$70.00/7 weeks
Vinyas Yoga	Thursday, 6:00 – 7:00 p.m.	Jen Schwartzberg	11/9 – 12/21 **	\$50.00/5 weeks
Tai Chi	Thursday, 7:00 – 8:00 p.m.	Carlos Santiago	11/9 – 12/21 **	\$10.00 per class
Pilates	Friday, 10:15 - 11:00 a.m.	Natalie Sandone	11/10 – 12/22 **	\$60.00/6 weeks

* Note that the Tuesday Pilates class will not start until 11/14 because of a vacation. And Thursday Yoga will not have a class on 12/7 due to a vacation.

** No class on 11/23 and 11/24 because of the Thanksgiving Holiday.



All Classes are \$10.00 per class. If paid in full up front and miss a class, you can attend another class of your choice as a make-up or receive a refund. Or you can pay per class. Your choice.

List Class Name(s) Here _____

NAME: _____ PHONE # _____

ADDRESS: _____

Email Address: _____

Signature: _____

I, the registrant/guardian (circle one), by applying to participate in a St. Andrew's United Methodist Church Exercise Program, do hereby waive, release, absolve, indemnify and agree to hold harmless St. Andrew's United Methodist Church, the organizers, sponsors and supervisory of the program.

Please make checks payable to St. Andrew's United Methodist Church. For more information, contact Barbara Hansen at 609-706-3552 or Barbara.Hansen3428@gmail.com