

WINTER 2018 EXERCISE REGISTRATION FORM

SPONSORED BY ST. ANDREWS UNITED METHODIST CHURCH

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

Interval Cardio/Strength Training: An effective solution for people at all levels of conditioning to feel, look and perform better through personalized small group training combining strength training and cardio conditioning.

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
Interval Cardio/Strength	Monday, 5:45 – 6:45 p.m.	Natalie Sandone	2/5 – 2/26*	\$40/4 weeks
Tai Chi	Monday 7:00 – 8:00 p.m.	Carlos Santiago	1/8 - 3/26	\$10.00 per class
Pilates	Tuesday, 9:30 – 10:30 a.m.	Sue McCarroll	1/9 – 3/27	\$120.00/12 weeks
Dance, Kick, Punch	Tuesday 6:00 – 7:00 p.m.	Susan Leblang	1/9 – 3/27	\$120.00/12 weeks
Vinyas Yoga	Thursday, 6:00 – 7:00 p.m.	Jen Schwartzberg	1/11 – 3/29**	\$110.00/11 weeks
Tai Chi	Thursday, 7:00 – 8:00 p.m.	Carlos Santiago	1/11 – 3/29	\$10.00 per class
Pilates	Friday, 10:20 - 11:10 a.m.	Natalie Sandone	1/19– 3/30 ***	\$110.00/11 weeks

* Cardio Strength from 2/5 to 2/26 – four weeks only

** No Yoga Class on Thursday, 1/18

*** Friday Pilates starts 1/9

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