

SPRING 2019 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.

Exercise Schedule

Type of Class	Day and Time	Instructor	Start / Stop	Cost for Session
Tai Chi	Monday 7:00 – 8:00 p.m.	Carlos Santiago	3/18 - 5/20	\$10.00 per class
VinyasaYoga	Tuesday, 9:30 – 10:30 a.m.	Jen Schwartzberg	3/19 – 5/21	\$10.00/10 weeks
Dance, Kick, Punch	Tuesday 6:00 – 7:00 p.m.	Susan Leblang	3/19 – 5/21	\$100.00/10 weeks
Vinyasa Yoga	Thursday, 6:00 – 7:00 p.m.	Jen Schwartzberg	3/21 – 5/23	\$100.00/10 weeks
Tai Chi	Thursday, 7:00 – 8:00 p.m.	Carlos Santiago	3/21 – 5/23	\$10.00 per class

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