Name _____________________________ Date ____________________

Department / Unit ________________________________________________________________

Campus Address ________________________________________________________________

E-mail Address ________________________________________________________________

Campus Phone _________________________________

EWP Yoga Class: Spring Half Session 2016

Section 1
Mackenzie MacSween
Class Dates: January 25 – March 16 (8 week class)
Class Day / Time: Monday / Wednesday, 12:00p - 1:00p, KHS-203

Section 2
Alexis Kemp
Class Dates: January 26 – March 17 (8 week class)
Class Day / Time: Tuesday / Thursday, 12:00p - 1:00p, KHS-203

Section 3
Stella Tryon
Class Dates: January 25 – March 16 (8 week class)
Class Day / Time: Monday / Wednesday, 5:15p - 6:15p, KHS-109

The EWP Yoga Class is a one-hour class that meets twice per week. The class is designed to instruct you on proper yoga practice to improve your strength, balance, flexibility, body awareness, focus and relaxation.

Please select one of the following sections:

☐ Section 1: Mon/Wed, 12:00p - 1:00p ☐ Standard Class Fee: $ 74.00
☐ Section 2: Tue/Thur, 12:00p - 1:00p ☐ Discounted Fee: * $ 54.00
☐ Section 3: Mon/Wed, 5:15p - 6:15p ☐ 10-Class Punch Pass: $ 50.00

☐ 10-Class Punch Pass: Use the 10 visits any class during the Spring 2016 semester
   (* To receive the Discounted Fee, you must be concurrently enrolled in another EWP Exercise Class.)

☐ New Yoga Class Member, please include the following with this Registration Form:
   Exercise Risk Assessment Form for Yoga Class
   Informed Consent Form for Yoga Class
   Medical Clearance Form (only if required, you will be notified)
   Check made payable to Employee Wellness Program

☐ For New Members: Check here if you were “recruited” by an EWP member
   Please list the name of the EWP member who “recruited” you: ________________________________

☐ Continuing Yoga Class Member, please include the following with this Registration Form:
   Check made payable to Employee Wellness Program

Please send all forms and check by campus mail to: Employee Wellness Program, KHS-121
Note: A minimum class enrollment is required or the class may be cancelled.