

The Wellness Center

The meeting place for fun, health and fitness

1734 Crawford Farm Road, Newport Vermont | (802)334-5566

www.northcountryhospital.org/wellnesscenter

SUMMER 2024 Schedule

NEW Class Calendar Inside!

Who's Who

Our staff is 100% licensed and/or certified in their field of expertise! Each instructor resides in the NEK and brings a unique quality to their class. Check out the pics and bio's here and get to know us!



Meet Our Director: Mary Hoadley

Since 2011 she's has earned numerous GOLD Level Worksite Wellness Awards, Best of The Best Yoga Instructor in 2023 and Best Gym multiple times!

Starting as a personal trainer in 2009, Mary's advanced to group fitness, nutrition/weight management consulting, a Certified Health Coach and most recently adding M.S. in Organizational Leadership (Diversity & Inclusion) to her resume too!

Outside the studio she's Vice President & Artistic Director of Borderline Players theatre company, currently directing, "I Love You, You're Perfect, Now Change!" and starring in their June production: "The Drowsy Chaperon." She's an ordained minister, Rotarian and avid lover of all thing's crafts, crocs, and cats! She's your go-to for all Wellness Center Info: mheadley@nchsi.org

Don't forget to check out her weekly Healthy You Column in the Newport Daily Express each Thursday!



Meet Mitchael

Mitchael was born and raised in Vermont and has a Master's Degree in Exercise and Sports Science. Mitchael enjoys baking, hiking, listening to audio books, disc golf and volleyball. He also has two cats!



Meet Jana

Jana brings her kind and caring nature to each class. Jana loves animals, the ocean and spending time with her closest friends and family. Jana enjoys taking classes of her own and is currently taking classes on writing!



Meet Krista

Granddaughter to The Wellness Center legend, Merrilyn Barry, Krista has an endless passion for fitness! She has returned to the NEK after decades of adventures in archeology & museum management. If You catch her out roller skating with her two dogs (whippets), stop and say hi!



Meet Helena

An NEK native and mother of two, Helena has a passion for fitness and wellness. A dancer first, Helena traded in her ballet slippers for sneakers after college and loves to bring fun and upbeat classes to all ages and abilities.



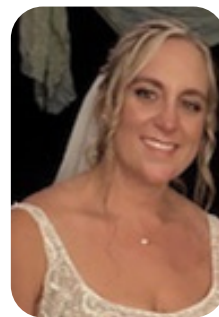
Meet Carol

Carol is a longtime Wellness Center participant and now instructor! She brings all the joy, fun and encouragement! She's a retired educator, avid cyclist, hiker and skier.



Meet Lauren

Lauren is a wife, daughter, mother, Veteran and dog lover. When not teaching classes she's loves to get outside and visit her kids. She also loves to travel and visit new places!



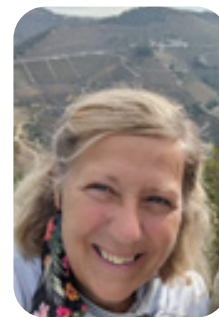
Meet Hope

Newly married, this pharmacist is always on the go! From running with husband and two bulldogs Olive & Shelby, she's also an avid golfer, Spinner® and even choreographing this summer's musical for Borderline Players Theatre Company.



Meet Faye

Faye is a registered respiratory therapist who spent the majority of her career training respiratory therapists in Vermont. Recently making Yin Yoga her educational focus, Faye is a life-long learner and continues to practice and study yoga on a daily basis.



Meet Sally

She loves being outdoors, walking, hiking, biking, swimming, snowshoeing, cross-country and downhill skiing! Sally has been teaching group fitness to all ages for over 25 years and is trained in everything from Tai Chi to Yoga!



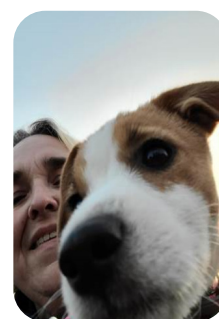
Meet Rita

From student to teacher! Rita brings her A game whether it's taking or teaching a class! In her quiet time she enjoys porch nights with her husband & pups and trampoline time with her daughter.



Meet Carolyn

Carolyn is a warm, genuine & welcoming yoga instructor. She is retired from NCUHS. She spends time outdoors hiking, walking, gardening, snowshoeing and x-country skiing. She also volunteers in the community and has great fun being with her granddaughters.



Meet Sarah

Sarah hails from the NEK and loves all things outdoors! From hunting to fishing and rescuing pets! Sarah is a long time CCV employee who empowers and encourages her students the same way from work to her classes. Sarah has a down-to-earth approach.



Meet Ashley

Ashley is a total wellness enthusiast! She loves dance, camping, hiking, reading and of course spending time with her family. You may even recognize Ashley from her adventures outside with her dog too!



The Wellness Center SUMMER Schedule 2024

Celebrating 42 Years of Fun, Health & Fitness!
Pre-Registration Required

STARTING MONDAY, APRIL 29TH, 2024 *Schedule subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am Ride and Shine Spin®		9:00 am Yoga with Carolyn 4/30 - 6/11	8:30 am Tonetastic with Mary	9:00 am Yoga with Carolyn 5/2 - 6/13		7:15 am Cardio (Spin) and Core
9:30 am Boxing and Bells with Mitch	9:30 am Restorative YinYoga 4/29 - 6/10	9:00 am Restorative YinYoga 6/18 - 8/20	9:30 am Restorative YinYoga 5/1-6/12	9:00 am Restorative YinYoga 6/18 - 8/22		8:30 am Drums Alive® with Helena, Hope & Mary 4/20 - 5/18
	9:30 am Gentle Yoga 6/17-8/19	10:15 am Timed Fit with Mary	9:30 am Gentle Yoga with Jana 6/19-8/21	10:15 am Timed Fit with Mary		Various Workshops and Events
		11:15 am Zumba® Gold with Sally		11:15 am Zumba® Gold with Sally		
		12 pm Tai Chi and Forest with Sally		12 pm Chair Yoga with Sally		
	4:15 NEW Feel The Beat 6/3 - 8/19		4:15 pm Cardio (Spin) & Core with Lauren	4:15 pm NEW Revive, Restore & Rest		
	4:15 pm NEW Road Ready Spin® 4/29-5/20		5:15 pm NEW Breath Into Stretching 6/26 - 8/21	5:15 pm Zumba® with Mary		
	5:15 pm Tonetastic w/ Mary	5:15 pm Zumba® with Mary	5:15 Yoga with Ashley 5/1 - 6/12			
	6:15 pm All Star Workout W/ Mary	6:15 pm Spin® with Rita	6:15pm T.B.C. with Mitchael			
Troy Parish Hall 130 S Pleasant St, Troy, VT 05859		4:15 pm Zumba Gold 5:15 pm Qi Gong and Tai Chi & Forest		4:15 pm Zumba Gold 5:15 pm Yoga		
NC Primary Care Barton-Orleans 488 Elm Street Barton, VT 05822	5:30 pm ALAB (All Levels, All Bodies) Circuit Training		5:30 pm Yoga with Sarah			

*** PRICING ***

Classes are AS PRICED in brochure Drops-Ins: \$10/class
MONTHLY UNLIMITED MEMBERSHIP: \$80.00/month

DISCOUNTED SUMMER UNLIMITED MEMBERSHIP MAY - AUGUST: \$285.00 REG. \$320

*** There will be no credits/refunds for any payments regardless of circumstances for month/session paid ending 8/31/2024 ***



Annual Kids FREE Wellness Day

Saturday, June 1st 9:30-Noon



A Totally FREE event for kids! Face painting, tie-dying-seed planting -free food - lawn games - obstacle course - bubble stations—license making—button making and more! All are welcome. No registrations necessary. Don't miss this popular day!

Yin Yoga: Self-Care and Renewal

With Faye Tolar Saturday, May 11 10 am - 12 pm • \$20.00

Yoga is known to be one of the most calming forms of exercise. Yin Yoga is a style of yoga which targets the connective tissue of the hips, pelvis and lower spine through poses which are held for longer periods of time. Many people find that this practice has a transformative effect on both body and mind.

This 2 hour specialty workshop will offer an in-depth introduction to the core principles of Yin Yoga along with aromatherapy and mindfulness practices, providing an extended practice for ongoing self-care and renewal.

Welcoming beginners through experienced yoga practitioners to deepen your understanding and practice of Yin Yoga.

Online Health Coaching Program

May 6—June 28 \$160.00

100% Online. Participants must be proficient in email communication to participate. Participants will work virtually with Certified ACE Health Coach and Nutrition/Wellness/Weight Management Consultant/Personal Trainer Mary Hoadley. The program focuses on goal setting, realistic implementation planning, embracing accountability and weekly check ins with a mindset that focuses on "I LOVE ME!" This is not included in our Yearly Memberships but yearly members may participate at 50% off the list price: \$80.00 Must be registered by May 1st.



Mindful Artistry

Each workshop starts with a mindfulness meditation followed by an invitation to unwind, play and create. Ages 15+
Registration 7 days prior.

\$30.00/each (Unlimited Members: \$15/each)

PLANTER PAINTING—Friday, May 10th 5-6:30pm. Paint your own ceramic pots. Use them for plants, décor or whatever you like! Just in time for Mother's Day!

SWIFTIE STYLE - Friday, June 28th 10:30 am-Noon. In our summer Era! Come make friendship bracelets inspired by TAY-TAY and listen to specialty playlist too!



MONDAYS

Restorative YinYoga Monday with Faye Tolar
Mondays/Wednesdays 9:30 am • APRIL 29 - JUNE 12
6 classes (14 with Wednesdays)

Restorative Yin Yoga is a slow-paced practice focusing on passive, seated postures. Increase body mobility while calming the mind. This class is an excellent practice for beginners as well as advanced students. Please bring a mat, blocks, strap, blanket, and bolster/pillows if you have them. No class 5/27.

Gentle Yoga Monday with Jana Parker
Mon/Weds 9:30 am • JUNE 17 - AUGUST 19
10 Classes (19 with Wednesdays)

Designed for most people with the ability to get up and down off the ground and be on their knees. Experience the connection of mind and body with gentle movement and postures. Please bring a mat & bolster, blanket & pillow.

Road Ready Spin® Workshop with Carol Trembley
Mondays 4:15 pm • APRIL 29 - MAY 20
4 Week Workshop \$24

A 4-week Spin® workshop for riders getting ready for the road. Simulated rides to prepare you for some of the most popular NEK routes. Be sure to PREREGISTER, we need at least 6 riders to make this workshop RIDE!

NEW Feel The Beat! with Krista Barry
Mondays 4:15 pm • JUNE 3 - AUGUST 19
12 Classes

Have you ever wished you were more “dance floor ready,” at weddings, celebrations, bars or just dancing around at home? Social dancing can be one of the life’s great joys, but can also cause anxiety and keep you from fully enjoying experiences. Come practice “feeling the beat,” as you explore different rhythms and styles, designed to build your confidence, whether you are hitting the dance floor or just dancing in the mirror!

ToneTastic Mondays with Mary Hoadley
Mondays 5:15 pm • APRIL 29 - AUGUST 5
11 Classes

This popular class increases overall body strength! Requires the ability to go up and down and to be on your knees with the use of weights, bands, balls and more. No shoes required. Please bring a mat. It’s toning, its fantastic, it’s TONETASTIC. There is class ON Memorial Day. No Class 5/20, 6/17, 7/15 & 7/22

All Star Workout with Mary Hoadley
Mondays 6:15 pm • APRIL 29 - AUGUST 5
10 Classes

ALWAYS different and ALWAYS fun! Mixing cardio kick boxing, strength training, Pilates and flexibility work into a perfect workout each class. This total body workout requires ability to get up and down off the ground freely. There is class on Memorial Day. No class 5/20, 6/10, 6/17, 7/15 & 7/22

ALAB Circuits (BARTON) (All Levels, All Bodies) with Sarah Corrow
Mondays 5:30 pm • APRIL 29 - AUGUST 12
15 Classes

This circuit training class is for all levels and all bodies! Increase overall strength and endurance each Monday to kick off the week right! Requires the ability to get up and down off the ground. Please bring a mat. No Class 5/27

TUESDAYS

Tuesday Yoga AM with Carolyn Hannan
Tuesdays/Thursdays • 9:00 am • APRIL 30 - JUNE 13
7 Classes (14 with Thursday)

This hour long yoga class is designed for most people with the ability to get up and down from their mat. A total body flow designed for awareness of body, mind and breath. Please bring your mat if you have one.

Restorative YinYoga Tuesday with Faye Tolar
Tuesdays/Thursdays • 9:00 am • JUNE 18 - AUGUST 20
9 Classes (17 with Thursdays)

A slow-paced practice focusing on passive & seated postures. Increase body mobility while calming the mind. An excellent practice for beginners as well as advanced students. Please bring a mat, blocks, strap, blanket, and bolster/pillows if you have them. No class 7/23

Tuesday Timed Fit with Mary Hoadley
Tuesdays/Thursdays • 10:15 am • APRIL 30 - AUGUST 6
13 Classes (22 with Thursdays)

This class uses timed intervals and blends strength, cardio, and flexibility into a total body workout that is totally different each class. Requires ability to get up and down freely and to lift overhead. Not a senior fitness class. No Class 7/16 or 7/23

Tuesday Zumba® Gold with Sally Rivard
Tuesdays/Thursdays • 11:15 am • MAY 14 - JUNE 6
4 Classes (8 Classes with Thursdays)

Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have more fun! SENIOR FOCUSED –All ages Friendly!

Tai Chi/ Qigong and Forest Bathing ‘Sēnlínyù Workshop with Sally Rivard
Tuesdays 12 Noon • MAY 14 - JUNE 4
4 Classes

Fitness trend or a mindfulness practice (or a bit of both), “forest bathing” or “taking in the forest atmosphere” allows us to reconnect with the natural world. Tai Chi/ Qigong practiced outdoors (as weather permits, dress appropriately; indoors in case of inclement weather) reminds us of what we already innately know: time spent immersed in nature is good for us.

Yogalaties with Mary Hoadley
Tuesdays 4:15 pm • APRIL 30 - AUGUST 6
12 Classes (23 With Thursdays)

A mix of the best in both worlds of Yoga and Pilates. Starting with a Yoga flow, moving into a Pilates series, ending with a deep stretch and relaxation. Each class comes with a manta card. No class 6/18, 7/16 & 7/23

(TROY) TUESDAY Zumba® Gold with Sally Rivard
Tuesdays/Thursdays • 4:15 pm • MAY 16 - JUNE 6
4 Classes (8 with Thursdays)

Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have more fun! SENIOR Focused but all ages friendly!

Zumba® Tuesdays with Mary Hoadley
Tuesdays/Thursdays 5:15 pm • APRIL 30 - AUGUST 6
12 Classes (23 with Thursdays)

That same dance party that sweeps the nation can now be found in your own living room! Roll up your rug, grab your water and let’s dance the evening away! This class has all your Zumba® rhythms from around the world. 15 weeks. Red, White and Blue Party 7/2! No class 6/18, 7/16 & 7/23

(TROY Parish Hall) Tai Chi/ Qigong and Forest Bathing ‘Sēnlínyù Workshop with Sally Rivard
Tuesdays 5:15 pm • MAY 14 - JUNE 4
4 Classes

Fitness trend or a mindfulness practice (or a bit of both), “forest bathing” or “taking in the forest atmosphere” allows us to reconnect with the natural world. Tai Chi/ Qigong practiced outdoors (as weather permits, dress appropriately; indoors in case of inclement weather) reminds us of what we already innately know: time spent immersed in nature is good for us.

Spin® with Rita with Rita Gage
Tuesdays 6:15 pm • APRIL 30 - AUGUST 6
15 Classes (25 with Sundays)

Join us for a musical genre adventure on the Spin® bikes with licensed Rockstar Spin® instructor Rita, for a great ride every time! Please come 10 minutes early to set up your bike. Ages 15+

WEDNESDAYS

ToneTastic AM with Mary Hoadley
Wednesdays 8:30 am • MAY 1 - AUGUST 7
13 Classes

This popular class increases overall body strength! Requires the ability to go up and down and to be on your knees with the use of weights, bands, balls and more. No shoes required. Please bring a mat. It’s toning, its fantastic, it’s TONETASTIC. No class 7/17 or 7/24

Restorative YinYoga Wednesdays with Faye Tolar
Wednesdays 9:00 am • MAY 1 - JUNE 12
7 Classes (13 with Mondays)

Restorative Yin Yoga is a slow-paced practice focusing on passive, seated postures. Increase body mobility while calming the mind. This class is an excellent practice for beginners as well as advanced students.. Please bring a mat, blocks, strap, blanket, and bolster if you have them.

Gentle Yoga Wednesday with Jana Parker
Wednesdays 9:30 am • JUNE 19 - AUG 21
10 Classes (20 With Mondays)

Designed for most people with the ability to get up and down off the ground and be on their knees. Experience the connection of mind and body with gentle movement and postures. Please dress warmly and bring a mat & bolster, blanket & pillow.

Cardio (SPIN®) and Core with Lauren Gillespie
Wednesdays 4:15 pm • MAY - AUGUST
17 Classes (33 with Saturdays)

Ride into the fun with this fast paced class! The first half of this workout is on the Spinning® bikes and then it’s down to the mat for strengthening and stretching! The perfect combo of cardio and core workout. Welcomes most ages and abilities. Ages 15+ No class 7/3

Yoga with Ashley with Ashley Reindeau
Wednesdays 5:15 pm • MAY 1 - JUNE 12
6 Classes

The midweek pick-me-up we all need! This yoga class that will combine vinyasa flows, restorative poses and a fusion of meditations, mindfulness and self-care. A yoga class for all bodies and all levels. No class 5/29

NEW Breathe Into Stretching with Krista Barry

Wednesdays 5:15 pm • JULY 10– AUGUST 21

7 Classes

Stretching and flexibility are perfect for all people looking for a better range of motion, increased serotonin levels and a better overall sense of self. Stretching on your own can be intimidating or damaging, but with proper technique, it can be life changing tool! Join us for this essential mind body practice.

(BARTON) Yoga with Sarah with Sarah Corrow

Wednesdays 5:30 pm • MAY 1 - AUGUST 7

14 Classes

This class welcomes all and concentrates on physical health and mental well-being. Practice maximizing postures, breathing and meditation techniques. Please bring a mat, blocks and blanket if you have them. Enter from down stairs of primary care. No class 7/3

Total Body Conditioning (TBC) with Mitchael Budziak

Wednesdays 6:15 pm • MAY 1 – AUGUST 7

14 Classes

This class takes functional fitness to the next level with it's overall body conditioning workouts. Join us to increase your strength, stamina and to accomplish your goals. No class 7/3

THURSDAYS

Thursday Yoga AM with Carolyn Hannan

Thursdays/Tuesdays 9:00 am • MAY 2 - June 13

7 Classes (14 with Tuesdays)

This hour long yoga class is designed for most people with the ability to get up and down from their mat. A total body flow designed for awareness of body, mind and breath. Please bring your mat if you have one. 15 weeks.

Restorative YinYoga Thursday with Faye Tolar

Thursdays /Tuesdays • 9:00 am • JUNE 20 - AUGUST 22

8 Weeks (17 Weeks with Tuesday)

Restorative Yin Yoga is a slow-paced practice focusing on passive, seated postures. Increase body mobility while calming the mind. This class is an excellent practice for beginners as well as advanced students. Please bring a mat, blocks, strap, blanket, and bolster/pillows if you have them. No class 7/4, 7/18

Thursday Timed Fit AM with Mary Hoadley

Thursdays 10:15 am • MAY 2 - AUGUST 8

12 Classes (25 Classes with Tuesdays)

This class uses timed intervals and blends strength, cardio, and flexibility into a total body workout that is totally different each class. Requires ability to get up and down freely and to lift overhead. Not a senior fitness designed class. No class 7/4, 7/18 or 7/25

Thursday Zumba® Gold with Sally Rivard

Thursdays/Tuesdays • 11:15 am • MAY 16 - JUNE 6

4 Classes (8 with Tuesdays)

Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have more fun! SENIOR FRIENDLY!

Thursday Chair Yoga with Sally Rivard

Thursdays • 12 pm • MAY 16 - JUNE 6

A gentle class using a chair for both seated & standing poses for improved strength, flexibility, concentration, increased circulation and feelings of well-being, as well as decreases in blood pressure, anxiety, inflammation, and chronic pain. Welcoming to all fitness levels, from active seniors to those recovering from an injury.

NEW -Revive, Restore & Rest with Mary Hoadley

Thursdays • 4:15 pm • MAY 2 - AUGUST 8

11 Classes

This NEW class is just what your Thursday ordered! Starting with gentle movement, followed by a deep stretch/restorative postures and ending with an elongated "rest," also known as Yoga Nidra. Yoga Nidra, also known as "sleep yoga or yogic sleep" is a guided meditation for effortless relaxation. Each session offers the clinical benefits of 2 hours sleep. No Class 6/20, 7/4, 7/18 or 7/25

(TROY) Thursday Zumba® Gold with Sally Rivard

Thursdays 4:15 pm • MAY 14 – JUNE 6

4 Classes (8 with Thursdays)

Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have more fun! SENIOR FRIENDLY and All AGE FUN!

Zumba® Thursday with Mary Hoadley

Thursdays 5:15 pm • MAY 2 - AUGUST 8

11 Classes (23 with Tuesdays)

That same dance party that sweeps the nation can now be found in your own living room! Roll up your rug, grab your water and let's dance the evening away! This class has all your Zumba® rhythms from around the world. Red, White and Blue Party 6/27. No class 6/20, 7/4, 7/18 & 7/25.

(TROY Parish Hall) Yoga Thursday with Sally Rivard

Thursdays 5:15 pm • MAY 16– JUNE 6

4 Classes

Say yes to strengthening and relaxing your body, releasing tension and opening your heart, clearing and sharpening your mind through gentle, flowing yoga.

SATURDAY

Cardio (SPIN®) and Core with Lauren Gillespie

Saturdays 7:15 am, Wednesdays 4:15 pm • MAY - AUGUST

16 Classes (33 with Wednesdays)

Ride into the weekend with this fun and fast paced class! The first half of this workout is on the Spinning® bikes and then it's down to the mat for strengthening and stretching! The perfect combo of cardio and core. No class 5/25, 7/6

Drums Alive® with Hope Guisinger, Helena Vachon and Mary Hoadley

Saturdays 8:30 am • APRIL 20-MAY 18

5 Classes

Get ready to sweat, smile and strengthen. This class beats to the beat of it's own drum with easy to follow moves and fantastic music! No drumming experience required or needed! Drumsticks are provided.

SUNDAYS

Spin® with Rita with Rita Gage

Sundays 8:30 am • MAY 5 - AUGUST 11

10 Classes (25 with Tuesdays)

Sundays are Spinning®! Join us for a musical genre adventure on the Spin® bikes for a great weekend ride every time! Please come 10 minutes early to set up your bike. No class 5/26, 6/16, 7/7, 7/28 or Aug 4. Ages 15+

Boxing and Bells High Intensity Interval Training

with Mitchael Budziak

Sundays 9:30 am • MAY 5 - AUGUST 11

12 Classes

Sundays just got even better! We'll provide the boxing gloves as you punch, jab, kick your workout to the next level! This class mixes boxing and strength with kettle bells and dumbbells for change up and a challenging workout. No class 5/26, 6/16, 7/7

Pre-Registration Required

Mail To: The Wellness Center, 189 Prouty Drive, Newport, VT 05855

Email Questions or to Save a Spot: wellnesscenter@nchsi.org • Checks Payable To: The Wellness Center

The studio is not able to accommodate drop-in consultations or unscheduled visits.

Please use the above contacts for registration and information needs.

One-on-one consultations start at \$50/session and must be pre-scheduled.

Name _____ Contact # _____

Email Address: _____@_____

Summer Pricing

UNLIMITED May–December 2024 Access: \$535 (regular price: \$640)

Monthly Unlimited Membership: \$80.00/month

Discounted Summer Unlimited Membership May– August: \$285.00 (regular price: \$320)

Drops-Ins: \$10/class (Meaning you are NOT prepaid by mailing/emailing in form)

Unlimited Packages Include fitness classes only. • Absolutely no refunds or credits from session to session.

ONE CLASS ONLY			
Specific Class Name/Day of Week			
Example: Zumba Tues	# of classes: 12	X\$6	\$72
		X\$6	
TWO CLASSES ONLY			
Specific Class Name/Day of Week			
Example: Zumba Tues Drums Alive Saturday	# of classes: 12 # of classes: 5	X\$5 X\$5 Total: 60 + 30	\$90
	# of classes:	X \$5	
	# of classes:	X \$5	
		Total:	
THREE CLASSES ONLY			
Specific Class Name/Days of week (After 3 a week all classes are \$4 each)			
Example: Zumba Tues Drums Alive Saturday Boxing and Bells Sunday	# of classes:12 # of classes:5 # of classes: 12	X\$4 X\$4 X\$4 Total: 48+20+48	\$116
	# of classes:	X \$4	
	# of classes:	X \$4	
	# of classes:	X \$4	
	# of classes:	X \$4	
	# of classes:	X \$4	
		Total:	

I understand there is a scent-free policy and will come scent-free to class. I agree to hand carry clean/dry indoor shoes. I will sign-in for each class. I understand that if there is a class before mine, I will not be permitted to enter until 10 minutes before class. I understand I will be exercising at my own risk. If I have had a recent health event, surgery or there are concerns about my ability to participate freely, I may be asked to provide a doctor's note and will abide: **YES (please circle)**