

City of Independence Fitness Classes—Winter 2

Stefanie Miller, Instructor

February 13 to March 22 -- 2018

Classes Offered

Yoga Strong (Yoga Shred inspired class)

When: Tuesdays 6:30 to 7:20 pm

Description: Yoga Strong is a 40 minute fusion class that incorporates HIIT (High Intensity Interval Training) and Power Yoga. Power Yoga increases flexibility, strength, and stamina. Power Yoga is low impact, but a highly effective exercise.

You will be guided through a series of HIIT (20 second burst) followed by rest (10 seconds). This trains your body to recover quickly from exertion and promotes a high calorie burn not only during workout but for the rest of the day. Perfect for those who want maximum burn in the shortest time!

What to bring: Water, yoga mat and towel

Gentle Yoga

When: Tuesdays 7:30 to 8:20 pm

Description: The beginner class introduces the fundamental principles of alignment & breath work in a flow of postures linked together by the breath. Students will be introduced to yoga postures through step-by-step verbal description & demonstration. Emphasis is placed on student understanding, safety, & stability within each pose. Gradually these poses will be linked together into a gentle flowing sequence. If you have never tried yoga this is the class for you, designed to meet the needs of those new to yoga as well as those seeking continued understanding of basic yoga poses.

What to bring: yoga mat & water

Barre Intensity

When: Thursdays 6:30 to 7:20 pm

Description: Barre Intensity is the fusion of Yoga, Pilates, ballet barre that combines: Body Sculpting, Fat Burning, Muscle Lengthening, Cardio Intervals, Barre work to sculpt the thighs, and Ab work to narrow the waist.

The Beyond Barre method has the flexibility to be performed with only a ballet barre (or chair) or it can be enhanced with weights, balls, or resistance bands.

What to bring: yoga mat ,water & 3 to 5 lb. hand weights

Slow Flow Vinyasa Yoga

When: Thursdays 7:30 to 8:20 pm

Description: A dynamic series of sequenced postures that seamlessly “flow” together, designed to build great internal heat, purify our system & get the energy flowing. Slow flow classes focus on lengthening, strengthening, building & engaging, & offer pose variations to dial it up or turn it down. Postures are led with time to flow, uniting breath & movement. If you’re looking for a strong, sweaty, muscular, fun-loving, yoga class, this is for you.

What to bring: yoga mat & water

Purchase a 10 class pass for the best price per class & flexibility or a 6 class for the flexibility.

Purchase the pass and attend any 10 or 6 classes during the 6 week session. Example—You can’t make it to your Yoga class and you wanted to try Barre Intensity you can with this pass. No more paying for classes that you can’t attend. Pass issued at class.

Registration

The Winter 2 session is 6 weeks. Space is limited. Your payment reserves your class slot, therefore, **absolutely no refunds** will be issued. If you are not sure you will want to sign-up for the entire session, you may pay a drop-in fee to try the class or another option purchase the 10 or 6 class pass to attend any 10 or 6 classes in the Winter 2 session. All classes are taught at the **Independence Senior Citizens & Community Center** by certified Yoga, & Barre instructor Stefanie Miller.

Name: _____ E-mail _____

Tuesday

Thursday

_____ Yoga Strong \$42

_____ Barre Intensity \$42

_____ Gentle Yoga \$54

_____ Slow Flow Vinyasa Yoga \$54

_____ 6 class pass attend any 6 classes in Winter 2 session \$55

Multi Class Discount

_____ 10 class pass attend any 10 classes in Winter 2 session \$75

2 or 3 classes - 10%

4 classes -15 %

Drop-In Rates:

Yoga Strong or Barre Intensity - \$8

Referral Discount \$5 (you & your friend get \$5 off)

Gentle Yoga and Slow Flow Vinyasa Yoga - \$12

Multi class discount will only apply for passes if you register for another class (i.e. yoga & 10 or 6 class pass or another class).

Referral discount only applies for someone that has never taken any of our classes. No discounts will be given for drop in rates.

Fee(s) _____ Minus Multi Class Disc. _____ Minus Referral Disc. _____ Open House Disc. _____ Total Due _____

Registration Options: Mail or In Person. You may register & pay at the City Building by cash, credit/debit card, check or money order. At the fitness class by cash, check or money order. Should you have any questions please call Nita Brake at 859-363-2934.

Make checks payable to: City of Independence, sign the release on registration form and mail registration to:

City of Independence - Attn: Nita Brake

5409 Madison Pike Independence, KY 41051

RELEASE OF ALL CLAIMS

WHEREAS, the City of Independence owns various parcels of improved and unimproved real estate in the City, that are made available to the public for recreational purposes, including, without limitation, parcels known and identified as Memorial Park, Sterling Staggs Park, Glenhurst Park, Independence Park & Marion Shadler Park;

WHEREAS, the City provides equipment and facilities upon the afore-described parcels of real estate, for the use of the general public; and it also organizes and conducts various activities both within and outside of the city including without limitation transportation to and from such activities in which the number of participants is limited; and

WHEREAS, the undersigned wants to use the afore-described real estate, facilities and equipment, and participate in some of the afore-described activities organized and conducted by the City, and this Release of All Claims is a requirement of the City therefore;

NOW THEREFORE, in consideration of the use by the undersigned of the afore-described real estate, equipment and facilities and the participation by the undersigned in an activity organized and conducted thereon by the City, the undersigned, for himself or herself and his or her executors administrators, heirs, successors and assigns, hereby releases, acquits and forever discharges the City of Independence, Stefanie Miller and all of the officers, agents, successors and assigns thereof, from each, every, any and all personal injuries, property damage, costs, expenses, losses, compensation and all other damages of every kind and nature, and all claims and causes of action therefore, at law, or in equity, including, without limitation, claims of third parties for indemnification and/or contribution, which may accrue to the undersigned, his or her executors, administrators, heirs, successors and assigns, through any act, omission, event or occurrence which in any way related to the use of the afore-described real estate, facilities and equipment by the undersigned and /or his or her participation in any activity organized and conducted thereon by the City.

Printed Name

SIGNATURE

Date