

City of Independence Fitness Classes—Spring 1

Amanda Ankenbauer, Instructor

March 27 to April 17 -- 2018

Where: Independence Senior Center

2001 Jack Woods Pkwy

Classes Offered

Slow Flow Yoga

When: Tuesdays 6:30 to 7:15 pm

Description: Gentle and slow yoga flow class-linking breath with fluid movement to cultivate mindfulness. Accessible to beginners looking to explore foundational postures as well as experienced practitioners seeking a deeper concentration within their practice. Open to all levels of experience.

What to bring: Water, yoga mat and towel



Yin Yoga

When: Tuesdays 7:15 to 8 pm

Description: Gentle, relaxing, and restorative form of yoga; a slow-paced style with postures usually practiced on the floor. Postures are usually held from two to three minutes to release deep tension-mainly in the lower parts of the body– and are often practiced with props, such as blankets and bolsters , to maximize relaxation. Open to all levels of experience.

What to bring: yoga mat, blanket or bolster & water

FEES : Drop in for 1 class -\$10 or 6 class pass for \$54 or 8 class pass for \$64

Purchase an 8 class pass for the best price per class & flexibility or a 6 class for the flexibility. Purchase the pass and attend any 8 or 6 classes during the 4 week session. No more paying for classes that you can't attend. Pass issued at class.

Registration

The Spring 1 session is for 4 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 6 class pass to attend any 6 classes in the Spring 1 session. All classes are taught at the **Independence Senior Citizens & Community Center** by certified Yoga instructor Amanda Ankenbauer.

Name: _____

E-mail _____

8 Classes per session

FEES : _____ **Drop in (1 class) - \$10**

_____ **6 – class pass \$54**

_____ **8 - class pass \$64**

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, Amanda Ankenbauer 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