

# CrossFit One Shot Restorative Yoga

\$15/Class	Ages 16 - 60
Sundays 7:30 a.m.	February 4, 11, 18 or 25, 2018
Cross Fit One Shot 1545 Cornell Rd., GB 54313 Unit #6	
You must pre-register prior to Sunday class. Please make check out to "Village of Suamico" and send to, or drop off at, 12781 Velp Avenue, Suamico, WI 54313. Office hours are 7:30 a.m. - 4:30 p.m. You may also register at CrossFit One Shot at the address listed above. Open to any skill level, please bring your own yoga mat.	



Class is designed to help all athletes improve their flexibility, balance, joint mobility and breath awareness. We will focus on the importance of respecting your body through yoga. Plan to leave class feeling more flexible, confident and strong.

Last Name				First Name
Gender	M / F			Birthdate
Experience (Please circle one):	None	Beginner	Intermediate	Advanced
Street Address				
City, State, Zip				
Daytime Phone #				Evening Phone #
Cell Phone #				Email Address
Emergency Contact				Emergency Contact Phone #

I understand participation in recreation programs involves an element of risk or danger for all participants and may cause serious injury, death or property loss and agree to assume these risks for my family and release the Village of Suamico, its employees, instructor(s), CrossFit One Shot and other participants from any liability for injuries and damages sustained while participating in these programs. I understand a physician's approval is encouraged prior to participation. If you do not wish to have your photo taken or do not want your or your child's photographs in Village or newspaper publications, please notify the photographer and/or program instructor. I am providing personal information solely for the purpose of participating in Suamico and Howard recreation programs, and would not provide this information otherwise, and do not wish for this information to be shared with parties outside of the Suamico Recreation Department or Howard Leisure Services Department.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

### Refund Policy

Refunds will be given up to the registration deadline or the start of the program, whichever comes first. No refunds will be given after a program starts or a deadline has been reached. Please be aware that a \$5 processing fee will be incurred on all refunds.

**Village of Suamico • 12781 Velp Avenue • Suamico, WI 54313 • (920) 434-8410**  
**For program information, please visit [www.suamico.org](http://www.suamico.org).**

### OFFICE USE ONLY

Date Registered: \_\_\_\_\_ Cash/Check/CC \_\_\_\_\_ Amount: \_\_\_\_\_ Receipt # \_\_\_\_\_ Staff Initials: \_\_\_\_\_