Name ___________________________ Date ________________________

Department / Unit ____________________________________________

Campus Address _____________________________________________

E-mail Address _______________________________________________

Campus Phone ______________________

**EWP Yoga Class: Spring Full Session 2016**

- **Section 1**
  - Mackenzie MacSween
  - Class Dates: January 25 – May 18 (*16 week class*)
  - Class Day / Time: Monday / Wednesday, 12:00p - 1:00p, KHS-203

- **Section 2**
  - Alexis Kemp
  - Class Dates: January 26 – May 19 (*16 week class*)
  - Class Day / Time: Tuesday / Thursday, 12:00p - 1:00p, KHS-203

- **Section 3**
  - Stella Tryon
  - Class Dates: January 25 – May 18 (*16 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: $142.00
- Section 2: Tue/Thur, 12:00p - 1:00p
  - Discounted Fee: * $102.00
- 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.*

EWP 1/18/16