

CITY OF IOLA RECREATION PRESENTS:

Push yoga & hardcore core!

A combination of Push & Power Yoga mixed with Core Training. This is a combination of traditional yoga with dynamic exercises. Places demands on all working muscles, boosting circulation and improving muscle tone. Also includes Hatha yoga, which concentrates on posture, flexibility, relaxation, and strength while practicing slow breathing. No meditation is involved with this Yoga! Work up a slow sweat, working muscles while focusing on the core, then cool it off with some slow, deep breathing, relax and unwind!

When: Tuesday and Thursday Evenings, 7:30-8:30pm

Session Dates: Nov. 15, 17, 22, 29...Dec. 1, 6, 8, 13, 15, 20, 22, and 29.

Where: Gym, Recreation Building, Riverside Park

Cost: \$40.00, Register online at www.cityofiola.com/rec_events_all.html
or at the Rec Office by November 15th.

Ages: 18 years of age and older

Contacts: Iola Recreation 365-4990 or Sam & Stephanie Sheaffer, (785) 448-2824

***Certified Beachbody Instructors (P90X) Push LLC Independent Team Beachbody Coach's
***Need to have a minimum of 10 registered participants to have class.

Make Checks Payable To: City of Iola Return To: Recreation Office, 600 S. State, Iola or Mail To: 2 W. Jackson, Iola

Name _____ Date of Birth _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell/Work Phone _____

Email Address _____

Emergency Contact Name and Phone _____

Refunds: As deemed necessary, Iola Recreation may refund fees and cancel any program with insufficient enrollment response. Otherwise, no refunds will be provided.

Waiver: I hereby agree to accept all risks of injury or accident of the above named participant in this program. I agree to release the City of Iola, their employees, agents, representatives, instructors, and all volunteers associated with this program from any liability resulting from any circumstance that may arise in connection with this program.

Signature _____ Date _____

(Push Yoga Fall 2011)