



Pilates

Instructor: Ashleigh Rose, Certified Pilates Instructor

Condition the mind and the body to strengthen the body's core. Exercise series helps to develop strength, flexibility and balance while improving body alignment and creating balance for more efficient movement.

**Classes are held at the DuPont Community Center located at
303 Barksdale Ave, DuPont, WA
For class information call Parks & Rec at (253) 912-5245**

**Thursday Morning 9:15-10:15
March 4th thru April 8th
COST: \$80.00 Six week session**

----- PLEASE DETACH HERE -----

Event/Class Name: Pilates

Fee: \$80

(One registration form per participant, please)

Participant's Name: _____

Address: _____

City /State / Zip _____

Phone: _____ Email: _____

Guardian Information (if minor) _____

Emergency Contact: _____ Phone: _____

Waiver: In consideration for my entry, I intend to be legally bound, for myself, my heirs, executors, and administrators, and waive, release and forever discharge any and all rights and claims which I may hereafter have against the sponsors and officials of the class described in this entry form or their respective officers, agents, representatives, successors, and/or assigns, while traveling to and from or participating in this class. Further, I hereby grant permission to any and all of the foregoing to take any photographs, video tapes, recordings or any other record of this class for use for any legitimate purpose.

X _____

Participant's Signature (or guardian if minor)

Printed Name

Date

Mail or Deliver to: City Hall: Attn. Parks & Rec – 1700 Civic Drive - DuPont, WA 98327
(Make checks payable to City of DuPont)