

Morning Yoga Class

City of Thibodaux Parks and Recreation Department

A yoga program for beginners! Improve your posture, muscle strength, and flexibility. Also, helps reduce stress and tension.

OFFERED TO: Women 18 & Up
DATE /TIME: Monday / Wednesdays / Fridays
8:00AM–9:00AM
LOCATION: Peltier Park Rec Center
MONTHLY FEE: In the City Limits \$15
Out of the City Limits \$25



(Instructor Monica also teaches strength class—Strong Women—from 7:00AM-8:00AM. Separate registration is required. Please ask for available discounts if taking both classes.)

***Registration held at the Peltier Park Rec Center (Monthly Registration)
Monday–Friday 8:00AM-NOON and 1:00PM-4:00PM.

**For more information, please call the Parks & Recreation Department at 985-446-7235 /
Instructor Monica Stock at 985-209-2699.



MORNING YOGA
Participant Summary Information Sheet

LAST NAME:	FIRST NAME:	D.O.B.:
<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>
ADDRESS:	CITY:	ZIP:
<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>
PRIMARY CONTACT NUMBER:	SECONDARY CONTACT NUMBER:	
()	()	
E-MAIL ADDRESS:		
<input style="width: 95%;" type="text"/>		
PERSON TO NOTIFY FOR EMERGENCY:		
NAME:	RELATIONSHIP:	CONTACT NUMBER:
<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>
2019 REGISTRATION FORM		
<i>Classes Held Every (Monday - Wednesday - Friday)</i> <i>8:00AM - 9:00AM</i>		

FOR OFFICIAL USE ONLY:						
MONTH	CASH	CK #	CREDIT	INITIAL/DATE	INCODE RECEIPT	ACTIVENET RECEIPT
JAN						
FEB						
MAR						
APR						
MAY						
JUNE						
JULY						
AUG						
SEPT						
OCT						
NOV						
DEC						

“READ BEFORE SIGNING”

State of Louisiana
Parish of Lafourche

ACKNOWLEDGMENT

1. I, the undersigned, do hereby understand and acknowledge the following:
 - A. That participation in TREC Morning Yoga Program requires a certain degree of physical exertion, exercise and endurance, which can be strenuous and tiring;
 - B. That as a result of the physical demands of the TREC Morning Yoga Program, there is always the possibility of the occurrence of an accident and physical injury or the onset of injury which is gradual and which may not be immediately apparent.
2. Notwithstanding the above and in consideration of my being permitted to participate in TREC Morning Yoga Program, at Peltier Park Recreation Center I, the undersigned do hereby agree to assume the risk of such accident and injury, regardless of fault, as a result of engaging in said TREC Morning Yoga Program and to hold harmless, defend and indemnify the instructor, and/or any and all other part time or substitute instructors acting for and on behalf of the City of Thibodaux and the Thibodaux Recreation Department and their principals, agents, employees, representatives and assistants, of and from any claims that may be made or asserted by me or anyone on my behalf as a result of my engaging in TREC Morning Yoga Program, held at Peltier Park Recreation Center, through the Thibodaux Recreation Department, whether or not such claims are made by way of indemnity, contribution, subrogation or otherwise.
3. I further declare that I know of no physical or medical condition which would prevent my participation in TREC Morning Yoga Program classes or which would cause me to sustain injury or illness as a result of such participation.

PRINT NAME: _____

SIGNATURE: _____ DATE: _____