

De Soto Parks & Recreation

YOGA

Fee: Monday - \$12.00
Thursday - \$15.00

January 2020

Dates: Monday Thursday
January 6-27, 2020 January 2-30, 2020

Time: 6:30pm - 7:30pm

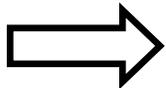
Location: De Soto Community Center
32905 W. 84th Street
De Soto, KS 66018



Description: Come take an hour out of your busy schedule to...Re-Set
Allow the body to detox, restore oxygen to muscle tissue, align the spine and rejuvenate as a whole. The class focus will be to gently, but actively strengthen each muscle group; while lengthening the opposing muscles, core work and more. We will end each class with a moment to just RELAX and BREATHE. We will be incorporating floor work as well.

Equipment: We provide exercise mats & some exercise equipment, but if you have your own yoga gear, we encourage you to bring it with you. We do not provide specialty equipment.

PLEASE mark the class or classes you will be attending:



_____ Monday _____ Thursday



Release Statement: The undersigned states that he/she understands that the City of De Soto and any subcontractors hired by the city (hereinafter "released parties") are not and shall not be responsible for or liable for any illness, or injury to person or damage to property resulting from the program in which the undersigned is enrolling or being enrolled or from his/her participating in said program, and the participant and the undersigned, if the participant is a minor or under other legal disability, hereby forever releases and holds harmless the released parties, their employees, agents and representatives from any and all claims of any kind that the participant, or the undersigned or their respective heirs, executors, administrators, or assigns may have or claim to have resulting from participation in said program. Also, the undersigned and the participant authorize the City Parks and Recreation to use at its discretion any photograph (s) (black/white or color) taken of the participant in the program and waive any and all claims that the participant or undersigned or their heirs, executors, administrators, or assigns may have or claim to have resulting from such photograph(s) or reproductions thereof. **I have read and understand the release statement: registration invalid without signature of adult.**

Participant's Name: _____

Address: _____

Date of Birth: _____ Contact Phone #: _____

E-Mail Address: _____

Participant's Signature: _____

Register Online: www.desotoks.us/151/Parks-Recreation

Office Information: 32905 W. 84th Street - P.O. Box C - De Soto, KS 66018

Questions: Justin Huslig - (913) 586-5281 - jhuslig@desotoks.us

