



## Elise Mueller's Classes at Pepperell Recreation Summer 2019

Location: Pepperell Community Center  
Phone: 302-312-3430

Instructor: Elise Mueller  
Email: [yogielise@charter.net](mailto:yogielise@charter.net)

Walk In's welcome \$10/class, Cardio Kick-n-Tone \$14/class

Class	Time	Dates	Cost	Pymt	Total
Monday Yoga	9:00am – 10am	June 17, 24 July 1, 8, 15, 22, 29 August 5, 12, 26	\$80/ 10wk		
Wednesday Yoga Core	6:30pm – 7:30pm	June 19, 26 July 3, 10, 17, 24, 31 August 7, 21, 28	\$80/ 10wk		
Wednesday Yoga	7:45pm – 8:45pm	June 19, 26 July 3, 10, 17, 24, 31 August 7, 21, 28	\$80/ 10wk		
Thursday Cardio Kick-n-Tone	10:30am-12pm	June 20*, 27 July 11, 18, 25 August 1, 8, 22, 29	\$108/ 9wk		
Friday Yoga Core	9:00a – 10am	June 21, 28, July 5, 12, 19, 26 August 2, 9, 23, 30	\$80 / 10wk		
Saturday Yoga Core Fusion	9am-10am	June 22, 29 July 13, 20, 27 August 3, 10, 24, 31	\$72/ 10wk		
		*class is at the PFS Gym		<b>Total</b>	

### Participant Information

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F

Street Address: \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work/Cell: \_\_\_\_\_

Email (Please print clearly): \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Pepperell Recreation does not discriminate on the basis of race, religion, nationality or ethnic origin in all of its programs and/or policies. We reserve the right to dismiss any individual from the program if behavior is deemed inappropriate and corrective action is not taken. In choosing to participate in Pepperell Recreation's classes, I am aware of and assume all risks and hazards incidental to such participation, and I hereby waive, release and agree to hold harmless the Town of Pepperell, it's Recreation Department, sponsors, volunteers and staff for any claim arising out of injury to myself or my child or property damage that might occur. In the event that I'm unable to be contacted in any emergency, I hereby give permission to the Town of Pepperell Recreation Department to hospitalize and/or secure proper medical treatment for myself or my child.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please return completed form with payment (checks made payable to Town of Pepperell) to:

Pepperell Recreation, Town Hall, 1 Main St, Pepperell, MA 01463

Check #: \_\_\_\_\_ Paid: \$ \_\_\_\_\_ Date & Initials: \_\_\_\_\_

## **Class Descriptions:**

**TAKE ANY 2 CLASSES WITH ELISE AND GET ½ OFF A THIRD CLASS OF EQUAL OR THE LESSER AMOUNT CLASS**

### **Yoga Core - Wednesday (pm) and Friday (am)**

Using yoga moves and a core ball this one hour class works the whole body especially the core. This class is great for anyone wanting to increase all around strength and improve balance for such activities like cycling and everyday functional activities. Please bring a yoga mat. *No Friday Class Summer Session*

### **Yoga – Monday (am) and Wednesday (pm)**

Come learn the centering and calming benefits of yoga. You'll learn the complete cycle of Sun Salutation, foundational warm-ups, breathing exercises, asanas or poses which lengthen and strengthen the body. Please bring a yoga mat.

### **Cardio Kick-n-Tone - Thursday (am)**

This 90 minute class includes 45 minutes of kickboxing, burning calories and increasing cardio endurance. The next 45 minutes consists of total body toning using weights, tubes and a core ball to tone muscle and increase resting metabolism.

### **Yoga Core Fusion – Saturday (am)**

This is a one hour yoga class which combines traditional yoga moves with core exercises. As we flow from one pose to another you will be working on strengthening and stretching every muscle with special attention to the core, ending the class with a final relaxation that will relax and re-energize you for the day ahead.

All fitness levels are welcome please bring a yoga mat.

**Maximum participants for all classes is 20, so please register early.**