

Pilates Class Registration

Village of Turtle Lake Parks & Recreation

Name _____

Address _____

Phone _____ Age ____ (18-25) (26-35) (36-45) (46-55) 56+

Email _____ Add to Mailing List for Future Classes/Workshops Y / N

How did You Hear About the Class? _____ Experience w/ Pilates _____

Emergency Contact or Parent/Guardian _____ Ph. _____

Participant/Guardian Signature _____ Date _____

(Participants Under 16)

Date \$36.00 Fee Paid _____ Taken by _____

**Payable to Village of Turtle Lake Parks & Rec.

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Get Strong, Long & Lean with Pilates

Six Week Course ◇ ◇ Sept. 17—Oct. 29

Mondays - 6—6:45pm

at the Turtle Lake School Choir Room

**** No Class on October 8th ****



Look Forward to Your New Sculpted Body
with this Invigorating and Fun type of Exercise!

Come in Comfortable Clothing that Allows you to Stretch

Bring Along a Mat and Water Bottle

\$36 per participant / Six Sessions

**** Pre-Register at Village Hall by September 14th ****

For More Information, call 986-2241

Instructor: Alissa Coomer, 948-2898