



Ber-Vaughn Pool GlideFIT Registration Form

PERSONAL INFORMATION

Date: _____

Name: _____ D.O.B: _____ M: _____ F: _____

Email: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

CLASS INFORMATION (circle class, session choice, and day/time)

CLASS	SESSION DATES	DAYS/TIMES OFFERED	PRICE
HIIT/Interval Training	June 18-July 11 July 16-August 8	MW 9:00-9:45 OR MW 6:45-7:30	\$40
Floating Yoga	June 25- July 19 July 17-August 9	T TH 9:00-9:45** OR T TH 6:45-7:30	\$65
HIIT/Interval Training	June 16-August 11	SAT 9:00-9:45	\$40
Floating Yoga	June 24-August 5	SUN 10:00-10:45	\$65

**Our 9:00-9:45 Floating Yoga class will be taught by Ber-Vaughn Pool staff.

ABOUT OUR CLASSES

GlideFIT floating fitness boards provide aquatic based stability training by challenging stability on and off the water. They are an innovative and unique way to enjoy a workout! All of our Floating Yoga classes will be taught by Mara Morell, of Mrida Seva Yoga, and all HIIT/Interval Training will be taught by trained Ber-Vaughn Pool staff.

FOR OFFICE USE ONLY

Payment: _____ Date: _____ Check #: _____ Rec'd By: _____