



## 2019 WINTER REGISTRATION

Name of participant: \_\_\_\_\_ Phone: \_\_\_\_\_

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

City, state, zip: \_\_\_\_\_

Westminster Church member

Email address: \_\_\_\_\_

Non-member

### ACTIVITIES

For more information about these classes, visit our website at [wroc.westminster-church.org](http://wroc.westminster-church.org)

Aerobics	Cost	\$ Paid
Aerobics and Strength Training	\$196	\$
Pay per class	\$7/class	\$
Cardio Strength Fusion - A.M.*	\$196	\$
Pay per class	\$7/class	\$
Cardio Strength Fusion - P.M.	\$68	\$
Pay per class	\$7/class	\$
Quick Cardio		
Tuesdays only	\$68	\$
Saturdays only	\$60	\$
Tuesdays <b>and</b> Saturdays	\$128	\$
Pay per class	\$5/class	\$
Zumba		
Tuesdays only	\$85	\$
Thursdays only	\$75	\$
Tuesdays <b>and</b> Thursdays	\$160	\$
Pay per class	\$7/class	\$
Zumba Toning	\$75	\$
Athletics	Cost	\$ Paid
Adult Open Basketball	\$25	\$
Adult Open Volleyball	\$25	\$
Pickleball		
Thursdays only	\$10	\$
Fridays only	\$10	\$
Strength, Conditioning, and Balance	Cost	\$ Paid
Arthritis Exercise*		
Session 1	\$40	\$
Session 2	\$40	\$
Barre-Pilates Fusion		
Session 1	\$35	\$
Session 2	\$40	\$
Pay per class	\$7/class	\$
Chair Aerobics to Broadway Tunes*	\$35	\$
Delay the Disease Session 1		
Tuesdays only	\$35	\$
Thursdays only	\$35	\$
Tuesdays <b>and</b> Thursdays	\$70	\$
Delay the Disease Session 2		
Tuesdays only	\$40	\$
Thursdays only	\$30	\$
Tuesdays <b>and</b> Thursdays	\$70	\$

Strength, Conditioning, and Balance (cont'd)	Cost	\$ Paid
Pole Walking	\$20	\$
Strong Bodies-Strong Bones*	\$80	\$
Tai Chi*	\$70	\$
Total Body Sculpt		
Tuesdays only	\$68	\$
Saturdays only	\$60	\$
Tuesdays <b>and</b> Saturdays	\$128	\$
Pay per class	\$7/class	\$
Yoga	Cost	\$ Paid
Flow (Vinyasa) Yoga A.M.		
Tuesdays only	\$80	\$
Fridays only	\$75	\$
Tuesdays <b>and</b> Fridays	\$155	\$
Pay per class	\$7/class	\$
Flow (Vinyasa) Yoga P.M.		
Session 1	\$40	\$
Session 2	\$45	\$
Pay per class	\$7/class	\$
Gentle Yoga A.M.*		
Session 1	\$63	\$
Session 2	\$63	\$
Pay per class	\$12/class	\$
Gentle Yoga P.M.*		
Session 1	\$63	\$
Session 2	\$63	\$
Pay per class	\$12/class	\$

WROC Talk	Cost
Understanding the Opioid Epidemic	Free

Bible Study	Cost	\$ Paid
Lenten Study: Final Words	\$10	

**Total :** \$ \_\_\_\_\_

\* 55+ Friendly

(Continued on back)

## MEDICAL HISTORY

Please list any medical conditions or physical limitation you have:

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## CONSENT, RELEASE, AND INDEMNITY

I understand that participation in any of the WROC programming can present a risk of harm to the participant and that I have a personal responsibility for assuming any and all medical, hospital, and related expenses that may result from my own or my children's participation in any of the Recreation Center's programs.

I hereby release Westminster Presbyterian Church, affiliated and sponsored organizations, and its personnel, and agree to indemnify and hold harmless the church and its personnel from and against any liability of any nature whatsoever for any injury to myself and/or my son or daughter resulting or arising in any way from my/his/her participation in any programs offered through WROC Ministries. I understand WPC provides no medical coverage.

\_\_\_\_\_  
Signature (parent/guardian if under 18)

\_\_\_\_\_  
Date

## PAYMENT

Total amount paid: \$ \_\_\_\_\_

Check #: \_\_\_\_\_

Please return this form with your check, made payable to **WROC** to:

**Westminster Presbyterian Church**  
c/o WROC  
2040 Washington Road  
Pittsburgh, PA 15241