

# 2020 WINTER REGISTRATION

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

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

City, state, zip: \_\_\_\_\_  Westminster Church member

Email address: \_\_\_\_\_  Non-member

CLASS	Cost	\$ Paid
<b>Adult Open Basketball</b>	\$25	\$
<b>Adult Open Volleyball</b>	\$25	\$
<b>Aerobics and Strength Training</b>	\$196	\$
Pay per class	\$7/class	\$
<b>Arthritis Exercise*</b>		
Session 2	\$40	\$
Pay per class	\$5/class	\$
<b>BOOM Moves*</b>		
Silver Sneakers Member	Free	
Non-Silver Sneakers Member	\$5/class	\$
<b>BOOM Muscle*</b>		
Silver Sneakers Member	Free	
Non-Silver Sneakers Member	\$5/class	\$
<b>Cardio Strength Fusion - A.M.*</b>	\$192	\$
Pay per class	\$7/class	\$
<b>Cardio Strength Fusion - P.M.</b>	\$68	\$
Pay per class	\$7/class	\$
<b>EnerChi*</b>		
Mondays: Silver Sneakers Member	Free	
Non-Silver Sneakers Member	\$5/class	\$
Fridays: Silver Sneakers Member	Free	
Non-Silver Sneakers Member	\$5/class	\$
<b>Flow (Vinyasa) Yoga A.M.</b>		
Tuesdays only	\$85	\$
Thursdays only	\$85	\$
Tuesdays and Thursdays	\$170	\$
Pay per class	\$7/class	\$
<b>Gentle (Hatha) Yoga A.M.*</b>		
Session 2	\$63	\$
Pay per class	\$12/class	\$
<b>Gentle (Hatha) Yoga P.M.*</b>		
Session 2	\$63	\$
Pay per class	\$12/class	\$
<b>Pickleball</b>		
Fridays 8:00 - 10:00 p.m.	\$20	\$
Sundays 6:00 - 8:00 p.m.	\$3/night	\$

CLASS	COST	\$ PAID
<b>Quick Cardio</b>		
Tuesdays only	\$68	\$
Saturdays only	\$60	\$
Tuesdays and Saturdays	\$128	\$
Pay per class	\$5/class	\$
<b>Strong Bodies-Strong Bones*</b>		
Session 1	\$60	\$
Session 2	\$55	\$
<b>Tai Chi*</b>		
Session 1	\$60	\$
Session 2	\$55	\$
<b>Total Body Sculpt</b>		
Tuesdays only	\$68	\$
Saturdays only	\$60	\$
Tuesdays and Saturdays	\$128	\$
Pay per class	\$7/class	\$
<b>yoga4cancer</b>		
Session 2	\$35	\$
Pay per class	\$5/class	\$
<b>Zumba</b>		
Tuesdays only	\$80	\$
Thursdays only	\$85	\$
Tuesdays and Thursdays	\$165	\$
Pay per class	\$7/class	\$
<b>Zumba Evenings and Saturdays</b>		
Session 1	\$55	\$
Pay per class	\$7/class	\$
Session 2		
Tuesdays only	\$45	\$
Saturdays only	\$40	\$
Tuesdays and Saturdays	\$95	\$
Pay per class	\$7/class	\$
<b>Zumba Toning</b>	\$85	\$

**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 participation in any of the WROC'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 resulting or arising in any way from my 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 **Westminster Presbyterian Church with WROC** in the memo line to:

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