



# RED SOILS EXERCISE CLASSES WINTER 2017 ENROLLMENT FORM

January 9, 2017 – April 7, 2017

(No classes the weeks of MLK, President’s Day and Spring Break)

NAME (Please print): \_\_\_\_\_

EMPLOYEE ID: \_\_\_\_\_

DEPT / DIVISION: \_\_\_\_\_

PHONE: \_\_\_\_\_

ID BADGE CONTROL NUMBER: \_\_\_\_\_

*The Control Number is the first group of five numbers on the back of your access/ID card. For example: 01234 12345678-1*

**Instructions:** Clearly mark the box(es) of the class(es) you are taking. Make checks payable as designated in the class description below. Send your check and signed enrollment form to Michelle Raethke (503-655-8354) in DES. Payment is due with registration to reserve your space.

- **Yoga** / Cost: \$40 / Checks payable to instructor, Linda Pomeroy / Bring: Yoga mat
  - Mondays / 12:10 - 12:55 pm (PSB Room 369) (45 min)
  - Mondays / 1:10 – 1:55 pm (PSB Room 369) (45 min)
  - Wednesdays / 12:10 - 12:55 pm (DSB WER\*) (45 min)
- **Better Body Boot Camp** / Cost: \$90 (\$160 for both days)/ Checks payable to Better Body Fitness NW / 1610 Red Soils Ct / Bring: workout attire
  - Tuesdays / 12:10 - 12:55 pm (45 min)
  - Thursdays / 12:10 - 12:55 pm (45 min)
- **20 min Stretch** / Cost: \$20/ Checks payable to instructor, Linda Pomeroy / DSB WER\* / no equipment needed
  - Mondays / 11:40 am - 12:00 pm (20 min)
- **Meditation** / Cost: \$24/ Checks payable Working With Yoga / DSB WER\* / Bring: exercise mat and/or blanket
 

*\*Six week session Last class will be March 2<sup>nd</sup>\**

  - Thursdays / 12:05 - 12:50 pm (45 min)
  - Thursdays / 1:05 - 1:50 pm (45 min)
- **Yoga Strength** / Cost: \$40 / Checks payable to instructor, Linda Pomeroy / DSB WER\* / Bring: Yoga mat & 4-7 lb. weights
  - Wednesdays / 1:10 - 1:55 pm (45 min)
- **Pilates** / Cost: \$30 / Checks payable to Stacy Rabe / DSB WER\* / Bring: exercise mat. *\*No Class 1/30/17 Class will be rescheduled for 3/27/17*
  - Mondays / 5:20 - 5:50 pm
  - Mondays / 5:55 - 6:25 pm
- **Stretch n’ Flex** / Cost: \$25.00 / Checks payable to instructor, Linda Pomeroy / DSB WER\* / no equipment needed
  - Wednesdays / 11:35 am - 12:05 pm (30 min)
- **Break time Dance** / Cost: \$0 / Self-organizing break time dancing facilitated by Chrissy Robinson H3S-SS / DSB WER\* / *Jan 10<sup>th</sup>- Feb. 7<sup>th</sup> Only*
  - Tuesdays / 01:00 - 01:20 pm (20 min)

*\*DSB WER = Development Services Building (Red Soils), Wellness Exercise Room(Badge Access Required). [You can register to use the WER to exercise on your own time when it is not in use.](#)*

*\*\*Multiple Class Discount = You may subtract \$10 from the total registration fee for Better Body Fitness NW when you register for two Better Body Boot Camp classes.*

Please bring water and loose fitting clothing to each exercise session. Consult your health care provider if you experience any pain or discomfort that concerns you. Pain is a warning signal that something may be wrong.

**RELEASE:**

The undersigned participant agrees to indemnify, save harmless and defend Clackamas County, its officers, commissioners, employees, agents, and independent contractors, from and against all claims and actions arising out of or based upon damage or injuries from participation in exercise classes, including damage or injury from the use of County premises. The undersigned acknowledges that the waiver will remain in effect for the entire calendar year, to include weeks between terms and all holiday weeks. The undersigned participant acknowledges they are voluntarily participating in exercise classes and classes are structured during lunch times or after hours and are not on paid time. The undersigned participant understands that once the first class session begins, there will be no refund of class fees for any reason related to participant participation. [Please read the full no refund policy online.](#) Participants are advised to consult with their health care provider before participating in any physical activity.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date