



**EXERCISE CLASSES WINTER 2017
ENROLLMENT FORM**
January 9, 2017- April 7, 2017
(No classes the weeks of MLK, President's Day and Spring Break)

Retiree Instructions:

Eligibility:

You must be a retiree of Clackamas County and registered with the Department of Employee Services. Former employees that are not retirees of Clackamas County are not eligible to participate in the Clackamas County exercise classes.

Process:

Fill out the enrollment form on page 2 of this document, and return the form along with your check payment(s) to Michelle Raethke at the following address:

Clackamas County Department of Employee Services
Attn: Michelle Raethke
2051 Kaen Rd, Suite 310
Oregon City, OR 97045

If any of your requested classes are in the Development Services Building (DSB) Wellness Exercise Room (WER), we will perform an internal security check to confirm your eligibility. Once you are confirmed, we will contact you to arrange the delivery of your visitor ID access badge if necessary. If you are a new participant, you will be required to visit the Clackamas County Facilities Management department to obtain your ID Badge. If you already have an ID badge, we will contact you to confirm your enrollment. If you are determined to be ineligible as a result of the security check, your payments will be returned to you.

ID Badge:

Most of the exercise classes are located in the WER in the basement of the DSB. If you are participating in one or more of the exercise classes that occur in the WER, you will be required to have an ID badge to gain access to the WER as well as the locker room/showers. If you stop taking exercise classes with Clackamas County (even for one term), you will be required to return the ID badge. Once the badge has been returned, we will place it in storage, and if you reregister at a later date, we will return it to you.

Fees:

Each class has a fee payable to the instructor or institution that is providing the class as described on the enrollment form (page 2).

Additionally, there is a fee associated with programming the ID Badge (maximum \$25 per quarter):

- \$25.00 – The first time you enroll, an ID Badge will be produced and programmed for the class(es) you have selected.
- \$25.00 – If you decided to stop taking a class and then later decide to take the class again, you will be required to pay the fee to reprogram the ID Badge.
- \$25.00 – If you decided to add another class or classes on top of those you have already been taking, there will be a fee for reprogramming your ID badge to include the additional class(es).

****All fees associated with ID Badge issuing or programming must be made by check and be payable to Clackamas County.** The fees above are on a per-quarter basis (not per class basis) regardless of how many classes you register for or add, and must be submitted with your enrollment form. Consequently, you will not need to pay more than \$25.00 total per quarter for ID Badge production and/or programming. If you have been taking an exercise class in the WER, already have an ID Badge and have not added any new classes, no ID badge fees need to be paid for that quarter, since reprogramming will not be necessary.

CLACKAMAS COUNTY RETIRED EMPLOYEE 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): _____

E-MAIL: _____

ADDRESS: _____

PHONE: _____

FORMER DEPARTMENT: _____

FORMER EMPLOYEE ID #: _____

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(s) and signed enrollment form to Michelle Raethke (503-655-8354) in the Department of Employee Services. 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 2nd
 - 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 Johnson H3S- SS / DSB WER*
Jan 10th- Feb. 7th Only
 - Tuesdays / 01:00 - 01:20 pm (20 min)

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

ID Badge Payment of \$25 / Checks Payable to Clackamas County

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.

Clackamas County Retiree Signature

Date