

# Cities of Robbinsdale, Crystal and New Hope offering **Yoga Programs**

**Sundays in the Robbinsdale Public Safety Building, Community Room,  
4101 Hubbard Ave. N, Robbinsdale** *Note: Class will not meet on major holidays.*

## **Family Friendly Yoga; 1:00-2:00 pm**

*(times may be changing, please call 763-531-1271 to confirm time)*

This program is for children, parents and grandparents who want to incorporate yoga into your family life. We will incorporate yoga techniques in a fun and playful way to encourage you to connect with your kids in group and partner stretches and sequences. You'll have a chance to practice together and bond with your family so you can encourage healthy habits early for your kids. Yoga helps children to maintain their natural flexibility and good posture, as well as practice focus and concentration. Have fun with your kids while getting a workout and it's a wonderful and healthy get-together for kids and families in our community! All ages welcome, but best for ages 3 and up



- Please bring a mat or a large towel for each family member
- Dress in comfortable clothing

**FEE:** \$42 for 6 week punch pass per adult/child pair Resident of Robbinsdale, Crystal or New Hope  
\$49 for 6 week punch pass per Nonresident adult/child pair

**Note:** *May try one class for free. Passes are good for 3 months*

## **Vinyasa Yoga; 2:00-3:00 pm** *(times may be changing, please call 763-531-1271 to confirm time)*

Adults who want to feel energized, refreshed and relaxed within an hour-long class and feel great for the rest of the day should join this class. This Vinyasa class will incorporate breath and movement in postures and moving sequences for internal cleansing, detoxification, and to build heat within the body. Vinyasa is also known as "Flow Yoga." We will get a good workout through constant movement while focusing on the coordination of movement and breath. Improve your strength, flexibility, balance, stamina while finding therapeutic benefits, relaxation and self-awareness. Even if you're new to yoga, this class is open to all levels.



- Please bring a mat or a large towel
- Dress in comfortable clothing.

**FEE:** \$42 for 6 week punch pass residents of the Cities of Robbinsdale, Crystal & New Hope  
\$49 for 6 week punch pass per Nonresident

Refunds, program credits or transfers are allowed up to deadline. All refunds are subject to a \$5 service fee. Confirmations are not sent. Note, we will not be able to issue any refunds after the deadline. Payment by check authorizes the city to use information from your check to make a one-time electronic transfer from your account or to process the payment as a check transaction.

If you need further information on the program, please call us at 763-531-1278. Registration with a major credit card is accepted by phone, fax, mail or drop off. Phone registrations (763-531-1278) are accepted between the hours of 8:30 am-4:00 pm. Fax number is 763-537-7344.

### **Yoga Registration & Waiver Form**

Please print clearly. Make checks payable to City of Robbinsdale; 4100 Lakeview Avenue No., Robbinsdale, MN 55422

Participant's Name \_\_\_\_\_ Birthdate: \_\_\_\_\_

Participant's Name \_\_\_\_\_ Birthdate: \_\_\_\_\_

Circle Program:      *Family Yoga*                      *Vinyasa Yoga*                      Total AMT: \$ \_\_\_\_\_

Contact's Name: \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W or cell) \_\_\_\_\_

Contact's email: \_\_\_\_\_ ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_ Payment:  CASH  CHECK  CREDIT CARD

Credit Card Number: \_\_\_\_\_ 3-4 Digit Code \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Card Holders Signature: \_\_\_\_\_

**Please list any special needs or equipment participant may need:** \_\_\_\_\_

**Liability Waiver:**

The undersigned acknowledges that recreational and sports programs involve inherent risks of personal injury. It is agreed that participation in the program is voluntary and at the participant's sole risk. The City shall not be liable for any claims, demands, injuries or damages whatsoever to the participant or participant's property arising out of the participant's participation in the program. On behalf of the participant, the undersigned releases and discharges the City, its employees or agents from all such claims, demands, injuries or damages, except those directly caused by the gross negligence of the City, its employees or agents.

**Photographs** are occasionally taken and may be used for promotional purposes of the recreation programs we offer. If you wish not to be photographed, check here \_\_\_\_\_

**Signature** Participant or guardian, if participant is under 18 : \_\_\_\_\_ **Date:** \_\_\_\_\_