

EDWARD KING HOUSE SENIOR CENTER

SENIOR PROGRAMMING Fall Session 2~2019 ** REGISTRATION FORM Register ONLINE at www.edwardkinghouse.org

Name				Daytime Phone:	
Address					
City/State/Zip					
Cell Phone:			E-Mail		
Circle all that apply:			Time	Date	Cost
Intermediate Yoga (Mon)			9:00-10:00am	10/21, 10/28, 11/4, 11/18, 11/25	\$25 member/ \$30 non-member
Tuck and Tone (Mon)			9:30-10:30am	10/21, 10/28, 11/4, 11/18, 11/25	\$25 member/ \$30 non-member
Boxing Fitness (Mon)			10:30-11:30am	10/21, 10/28, 11/4, 11/18, 11/25	\$25 member/ \$30 non-member
Chair Yoga - Advanced (Tues)			9:00-10:00am	10/22, 10/29, 11/5, 11/12, 11/19	\$25 member/ \$30 non-member
Gentle Yoga (Tues)			9:00-10:00am	10/22, 10/29, 11/5, 11/12, 11/19	\$25 member/ \$30 non-member
Chair Yoga (Tues)			10:30-11:30am	10/22, 10/29, 11/5, 11/12, 11/19	\$25 member/ \$30 non-member
Drawing & Painting (Tues)			12:30-2:30pm	10/22, 10/29, 11/5, 11/12, 11/19	\$40 member/ \$45 non-member
Gyrokinesis (Tues)			4:00pm-5:00pm	10/22, 10/29, 11/5, 11/12, 11/19	\$25 member/ \$30 non-member
Intermediate Yoga (Wed)			9:00-10:00am	10/23, 10/30, 11/6, 11/13, 11/20	\$25 member/ \$30 non-member
Boxing Fitness (Wed)			10:30-11:30am	10/23, 10/30, 11/6, 11/13, 11/20	\$25 member/ \$30 non-member
Tuck and Tone (Wed)			9:30-10:30am	10/23, 10/30, 11/6, 11/13, 11/20	\$25 member/ \$30 non-member
Chair Yoga– Advanced (Thur)			9:00am-10:00am	10/24, 11/1, 11/7, 11/21	\$20 member/ \$24 non-member
Gentle Yoga (Thur)			9:00am-10:00am	10/24, 11/1, 11/7, 11/14, 11/21	\$25 member/ \$30 non-member
Chair Yoga (Thur)			10:30am-11:30am	10/24, 11/1, 11/7, 11/21	\$20 member/ \$24 non-member
Tai Chi (Thur)			10:30am-11:30am	10/24, 11/1, 11/7, 11/14, 11/21	\$25 member/ \$30 non-member
Boxing Fitness (Fri)			9:30-10:30am	10/25, 11/2, 11/8, 11/15, 11/22	\$25 member/ \$30 non-member
				total	\$