

Dance Stretch and Exercise

Instructor: Jennifer Mollenhauer

Date & Time:

- One 8 week session – Saturdays 9:30-11:00 AM
- June 5th 2004 – July 30th 2004 (no class July 3rd)

Class Description: This class is designed to stretch and strengthen your body from head to toe. You will learn exercises dancers have used for decades. Everyone, dancers and non-dancers, can benefit from this class. Join us and improve your flexibility, gain muscle, have fun, and feel good.

Location: Kira's Oasis: (937) 620-1678
590 Congress Park Drive, Centerville, OH 45459
www.kirasoasis.com (for directions to the studio)

Requirements:

- must be over 10 years old
- must exercise with bare feet
- please bring own floor mat

Fee & Registration:

- \$80 per session
- Register using the attached form due by May 29th 2004

Instructor Contact Information: For questions or additional application forms

- call: (937) 426-7041 (leave message)
- email: mollenhauer17@att.net

----- (detach registration form here) -----

Registration Form

Name: _____

Address: _____

Phone Number: _____ **Email:** _____

Guardian's Name and Phone Number (if participant is under 18): _____

Waiver and Release of Liability: As a condition of participating in Dance Stretch and Exercise:

1. I acknowledge that I will be participating in strenuous physical activity that involves risk of injury, permanent disability, or death;
2. I assume all of the foregoing risks and accept personal responsibility for the damages following any such injury, disability, or death; and
3. I release and discharge Jennifer Mollenhauer, on behalf of myself, my dependents and heirs, from all claims, demands, losses or damages on account of injury, including death or damage of property, resulting from my participation in this program, whether such injury is caused or alleged to be caused in whole or in part by the negligence of Jennifer Mollenhauer or otherwise.

Signature (guardian's if participant is under 18): _____ **Date:** _____

Completed Registration Form and Payment Due by May 29th 2004

- Make check payable to: Jennifer Mollenhauer
- Send application and payment to: 1702 Woods Drive, Beavercreek, OH 45432.