

# Kingstowne Group X Registration

2014 Session I Classes Monday, January 6 – Sunday, March 16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:30AM <u>Body Sculpt</u> DONNA	9:30-10:30AM <u>Zumba</u> MICHELLE	9:30-10:30AM <u>Pilates</u> PAT	9:30-10:30AM <u>Vinyasa Yoga</u> JANET	9:30-10:30AM <u>Zumba</u> MICHELLE	8:00-9:00AM <u>Vinyasa Yoga</u> SUSAN	8:00-9:00AM <u>Zumba</u> MICHELLE
		10:30-11:30AM <u>Total Body Training</u> ANDREA	10:30-11:30AM <u>Cardio Mix</u> CLARE			
5:30-6:30PM <u>Happy Hour Yoga</u> SANDY	4:00-5:00PM <u>Gentle Yoga &amp; Meditation</u> JANNA	4:30-5:30PM <u>Stretch &amp; Tone</u> DONNA				
6:30-7:30PM <u>Kickboxing</u> RAE	5:30-6:30PM <u>Body Sculpt</u> DONNA	6:00-7:00PM <u>Zumba</u> HARUKO	5:30-6:30PM <u>Body Sculpt</u> DONNA			
7:30-8:00PM <u>Core Values</u> RAE	6:30-7:30PM <u>Power Vinyasa</u> JANNA	7:00-8:00PM <u>Body Sculpt</u> CLARE	6:30-7:30PM <u>Pilates</u> PAT			
8:00-9:00PM <u>Vinyasa Yoga</u> SUSAN	7:30-8:30PM <u>Tabata</u> RAE	8:00-9:00PM <u>Vinyasa Yoga</u> JOANNE	7:30-8:15PM <u>Foam Roller Stretch</u> PAT			

**Registration Deadline – Monday December 30th @ 10pm**

Please print all Participant information

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State

\_\_\_\_\_  
Phone Number Email

Are you a Resident? Please Circle Y / N

If you are NOT a resident please provide the Name of a Resident with which you are a guest. You must also read and sign the Release Waiver below.

\_\_\_\_\_  
Guest of (Name of Kingstowne Resident)

**Release Waiver for Non-Residents**

I, the undersigned, agree to abide by the rules of WTS International/Kingstowne Residential Owners Corporation (KROC). The participant also agrees that all use of WTS/KROC facilities shall be undertaken at his/her sole risk, and WTS/KROC shall not be liable for any injuries to him/her, or his/her property, or be subject to any claim, demand, injury, or damages resulting from act of active or passive negligence on the part of WTS/KROC, its officers or agents. The participant, for him/herself and on behalf of his/her executors, administrators, and assigns, Does hereby expressly release and discharge WTS/KROC; its successor and assigns, as well as its officers and agents, for all such claims, demands, injuries, damages, actions or cause of action. If participant is under 18, a parent must also sign the waiver.

\_\_\_\_\_  
Participant's Signature Date

\_\_\_\_\_  
Parent/Guardian Signature

**\$20 Discount off Total Amount when you Register for 4 or more classes. Discount is for Individuals Only And Does Not Apply to Families.**

Class Options	Session Dates- 10 week session	* Indicates class shortened due to holidays	Cost- Residents Only \$5/class Non-Residents \$7.50/class	Check option below (Specify class choice, if applicable)	Amount/Payment method (Check/CC)
Body Sculpt 10 weeks	Jan 6 – Mar 16	Monday, Tuesday, Wednesday or Thursday	\$50 Resident \$75 Non-Resident		
Total Body Training 10 weeks	Jan 6 – Mar 16	Wednesday morning	\$50 Resident \$75 Non-Resident		
Kickboxing 10 weeks	Jan 6 – Mar 16	Monday	\$50 Resident \$75 Non-Resident		
Tabata 10 weeks	Jan 6 – Mar 16	Tuesday	\$50 Resident \$75 Non-Resident		
Cardio Mix 10 weeks	Jan 6 – Mar 16	Thursday morning	\$50 Resident \$75 Non-Resident		
Pilates 10 weeks	Jan 6 – Mar 16	Wednesday morning	\$50 Resident \$75 Non-Resident		
Pilates 10 weeks	Jan 6 – Mar 16	Thursday	\$50 Resident \$75 Non-Resident		
Zumba 10 weeks	Jan 6 – Mar 16	Tuesday, Wednesday, Friday or Sunday	\$50 Resident \$75 Non-Resident		
Vinyasa Yoga 10 weeks	Jan 6 – Mar 16	Monday night	\$50 Resident \$75 Non-Resident		
Vinyasa Yoga 10 weeks	Jan 6 – Mar 16	Wednesday night	\$50 Resident \$75 Non-Resident		
Vinyasa Yoga 10 weeks	Jan 6 – Mar 16	Saturday Morning	\$50 Resident \$75 Non-Resident		
Happy Hour Yoga 8 weeks	Jan 6 – Mar 16	Monday	\$40 Resident \$60 Non-Resident		
Vinyasa Yoga 10 weeks	Jan 6 – Mar 16	Thursday Morning	\$50 Resident \$75 Non-Resident		
Gentle Yoga & Meditation 10 weeks	Jan 6 – Mar 16	Tuesday	\$50 Resident \$75 Non-Resident		
Power Vinyasa 10 weeks	Jan 6 – Mar 16	Tuesday	\$50 Resident \$75 Non-Resident		
Stretch & Tone 10 weeks	Jan 6 – Mar 16	Wednesday	\$50 Resident \$75 Non-Resident		
Foam Roller Stretch 10 weeks	Jan 6 – Mar 16	Thursday	\$50 Resident \$75 Non-Resident		
Core Values 10 weeks	Jan 6 – Mar 16	Monday	\$30 Resident \$40 Non-Resident		

**For more information Contact Donna Metz at [donna@kingstowne.org](mailto:donna@kingstowne.org) or 703-922-4216**

**Make all checks out to WTS International or**

Please charge a total amount of \$ \_\_\_\_\_ to my (please circle) Visa or MasterCard Card Expiration Date \_\_\_\_\_  
Credit Card # \_\_\_\_\_ Signature of Card Holder \_\_\_\_\_

*WTS will not charge your credit card until we have reached a class minimum of 8 individuals. You may leave your card number or we will call you to charge the payment.*

**Registration Rules & Policies**

- All Classes are held at the South Center Aerobics Studio - 6080 Kingstowne Village Parkway.
- Registration is held at the Fitness Centers. No registrations or money will be accepted at the Aerobics Studio.
- The registration deadline will be one week before a new session begins.
- A **\$10 Late Fee** will be added to the class fee for registrations received after the deadline. Not all classes are guaranteed when registering late.
- All classes must reach an 8 person class minimum to be held.
- All payments must be received before the start of the session.
- There will be no credits, refunds, or pro-rated offers in the event you are unable to attend a scheduled class.
- If an instructor is out sick or cannot teach she will either find a sub or will schedule a make-up date for class.