



Parkside Fitness
601 front ave. ste.202
cda_id 83814
208+818 5883

Registration Form:

Name: _____ Date of Birth: ____/____/____

Address: _____

Phone: _____ Email _____

Emergency Contact Person: _____

Emergency phone: _____ Relationship to emergency contact: _____

**** Parkside Fitness will allow CDA Recreation Department a special discount of \$50 monthly fee to attend any of our classes or a 10 class card for \$50 (must be used in 3 months). This is a one-time offer that is good for new customers only. Please contact the studio at 208-818+5883 for more information and to sign-up for classes. Thank you.**

Release of Liability:

Using the facilities and participating and engaging in any activity of Parkside Fitness Studio LLC and its licensees, joint ventures and affiliates, involves the risk of injury to you and your guest, whether you or someone else causes it. Specific risks vary from one activity to another and the risks range from minor injuries to major injuries, including death.

In consideration of this you understand and voluntarily accept this risk and agree that Parkside Fitness, its owners, officers, directors, employees, volunteers, agents, and independent contractors will not be liable for any injury, including, without limitation, personal, bodily, or mental injury, economic loss or any damage to you, your spouse, guests, unborn child, or relatives resulting from any negligence of Parkside Fitness or anyone on Parkside Fitness's behalf or anyone using the facilities whether related to exercise or not.

You agree to indemnify, defend and hold Parkside Fitness harmless against any liability, damages, defense costs, including attorney fees, or from any other costs incurred in connection with claims for bodily injury, wrongful death or property damage caused by your negligence or Parkside Fitness's negligence.

Further, you understand and acknowledge that Parkside Fitness does not manufacture fitness or health-related equipment/products and instead purchases the equipment/products, and that Parkside Fitness may not be held liable for defective equipment or products.

Further, you acknowledge that Parkside Fitness did not give you medical advice relating to your physical condition and ability to use the facility and engage in activities.

By signing below, you acknowledge and agree that you have read the foregoing and know of the nature of the activities at Parkside Fitness and you agree to all terms herein.

Signature: _____ Date: ____/____/____



PARKSIDE FITNESS SCHEDULE

effective 10/25/2009

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	SENIOR FITNESS (45min) ALLI	PHYSIQUE 55 KARA		PHYSIQUE 55 KARA			
8:30 AM						8:30 YOGA KARA/AMY	
9:15 AM	TOTAL CORE ALLI	VINYASA FLOW YOGA AMY	YOGA/PILATES FUSION AMY	VINYASA FLOW YOGA AMY	BODYWORKS KARA		9:30 PILATES ALLI
10:30 AM		MOMMY + ME FITNESS ALLI		PRENATAL YOGA (75min) AMY			
NOON	MINDBODY XPRESS (45min) KARA		MINDBODY XPRESS (45min) KARA		REJUVENATE (45min) ALLI		
4:00 PM			KIDS YOGA (45min) AMY				
5:15 PM	YOGA MOVES KARA		TOTAL CORE KARA				
5:45 PM		YOGA FLOW ALLI		YOGA CORE KARA			

Visit www.parksidefitness.com for class reservations and schedule updates. Classes are one hour unless otherwise noted above. Please call or refer to online sign-up page for holiday classes and cancellations.

**Classes at Parkside Fitness are suitable for all fitness levels. We welcome people from all walks of life, regardless of size, shape, or ability. Please work out at an intensity level you are comfortable with and modify the movements when needed. We encourage our clients to listen to their bodies and take everything at their own level! Sign-up is required for all classes.*

601 front ave. ste. 202 :: coeur d' alene, id 83814 :: 208-818-5883 :: www.parksidefitness.com



PARKSIDE FITNESS SCHEDULE

effective 10/25/2009

CLASS DESCRIPTIONS:

Kids Yoga – Kids Yoga is a fun, creative approach to yoga that can be very helpful for children whose bodies are still developing. The use of animated poses and basic stretching exercises promote strength, flexibility, coordination and body awareness. Breathing and visualization techniques teach kids how to focus, relax and develop self-control. Kids will improve concentration and focus, stimulate their imagination and help to release energy in a fun, safe environment. Using interactive games and animated postures, kids learn about animals, nature and basic anatomy through yoga. The Kids Yoga program also promotes inner-strength, confidence and self-esteem; a feeling of well-being and respect for others; and, love for one's self, inside and out. *Great for kids ages 3-10 and parents are invited to take class with their child if they choose! Enroll 2 or more children and receive a discount.*

Yoga Flow – Active, flowing style yoga class proven to improve strength, cardiovascular health, and flexibility. This class is appropriate for all levels. You will be given options in each pose so that you feel challenged, yet successful. Without breaking the natural flow from pose to pose, the focus will be on alignment and breath.

Senior Fitness – Learn yoga and pilates, increase flexibility, gain strength and improve balance. This class is designed for those that may need the use of a ballet bar for balance or to assist in doing some of the exercises. This class has modifications so that everyone will be able to participate regardless of their level of fitness. A great mind + body workout!

Yoga/Pilates Fusion – A great class for all levels. Yoga/Pilates Fusion, is a total body workout designed to tone and sculpt every major muscle group. Free weights, balls, bands and your own body weight are used to allow extra length and depth in each exercise. This intense, but easy to follow program complements your regular yoga or pilates practice while pushing your strength and flexibility to new heights.

Yoga Core – Strengthen your overall wellbeing with a combination of yoga poses, core conditioning and stretching. We integrate breath and movement with this rejuvenating and balancing yoga flow class.

Pilates Mat – Stretch your muscles while strengthening your core. Attention to breathe, precision, flow, focus and alignment combine to give you a balanced work out. Small props such as the mini-ball, stability ball, light weights, or band may be incorporated. Mat classes are open to all levels and no experience required. We work in small groups so we can help you to find your core!

Total Mind Body – A complete mind/body experience that melts away layers of tension and teaches you to be present to what is happening in the body and mind with each movement.

Total Core – A combination of yoga, pilates, strength and core based movements. This class is designed to maximize the benefits of a well rounded fitness program utilizing your own body weight and a variety of equipment.

Physique 55 – During this 55-minute class, you will utilize weights, bands, balls, and your own body weight to strengthen, lengthen and tone every muscle group to create a lean physique!

Bodyworks – An energetic toning and strength training workout, combining the concepts of safe conditioning found in Mat Pilates with time proven toning exercises to give you a full-body workout. You'll use small & large balls, bands and your own body so from start to finish, you'll never get bored. Each segment of the class is packed with solid conditioning exercises that will define tone and strengthen your muscles without building bulk.

Mind Body Xpress – This lunch-time express class will empower your mind and body, allowing you to feel your best throughout your afternoon. A great combination of Yoga and Pilates.

Rejuvenate – Yoga to rejuvenate, restore, reconnect and relax.

Yoga Moves – Designed with the yoga athlete in mind. A perfect combo of Yoga postures linked together in a flowing, athletic fashion.

Vinyasa Flow Yoga – Vinyasa flow yoga is a combination of fluid movements and deep rhythmic breaths. The connection between movement and breathing benefits well being and physical health. It also helps to cultivate a calm, focused and stress free state of mind. Each pose flows fluidly and dynamically into the next pose. It is a vigorous, exhilarating, all over workout designed to tone and stretch the whole body, relieving stress and create a deep experience of physical and mental balance. It makes for a challenging, fun and invigorating class!

Prenatal Yoga – Gain greater vitality and awareness of your body now that it's a home for two! Gentle postures, breath work, visualization, vocal toning and meditation are geared to cultivate flexibility, calmness and confidence. Ease the birthing process, reduce pain and cultivate the joy of giving birth!

Mommy + Me Fitness – We will stretch, bond, and breathe with your baby in this special class designed for new mothers and infants (6 weeks to 18 months). Meet other moms and babies while you strengthen and support post-partum and sleep deprived bodies with yoga and pilates.

**Classes at Parkside Fitness are suitable for all fitness levels. We welcome people from all walks of life, regardless of size, shape, or ability. Please work out at an intensity level you are comfortable with and modify the movements when needed.*

We encourage our clients to listen to their bodies and take everything at their own level! Sign-up is required for all classes.

601 front ave. ste. 202 :: coeur d' alene, id 83814 :: 208-818-5883 :: www.parksidefitness.com