

Founders Hall FITNESS 2023 Registration Form

Member ID Number _____

Name _____

Address _____

Phone _____ E-mail: _____

Please check the box next to the class you wish to take. This will register you for all twelve months of 2023. If there are months you will be away, please note those months on the line next to the class name (“Exclude these months.”)

If more members are interested in a class than there are available spaces, we will use a random lottery to assign places.

If you wish to take more than one class, complete the form for ‘Class Two.’ In the event a lottery is necessary, priority will be given to those requesting the class as their only Fitness class.

If you are including more than one person on the form, place name next to the check box.

Sign me up Exclude these months

Class ONE

- Aerobics In-Person _____
- Aerobics Zoom _____
- Aquacize In-Person _____
- Core In-Person _____
- Core Zoom _____
- Seated Stretch & Cond In-Person _____
- Seated Stretch & Cond Zoom _____
- Strength and Balance 1 In-Person _____
- Strength and Balance 1 Zoom _____
- Strength and Balance 2 In-Person _____
- Strength and Balance 2 Zoom _____
- Strength Core & More In-Person _____
- Strength Core & More Zoom _____
- Stretch & Flex In-Person _____
- Stretch & Flex Zoom _____
- Tai Chi Beginner In-Person _____
- Tai Chi Beginner Zoom _____
- Tai Chi Intermediate In-Person _____
- Tai Chi Intermediate Zoom _____
- Tai Chi Advanced In-Person _____
- Tai Chi Advanced Zoom _____
- Yoga & Relax Gentle In-Person _____
- Yoga & Relax Gentle Zoom _____
- Yoga & Relax Moderate In-Person _____
- Yoga & Relax Moderate Zoom _____
- Yoga Seated In-Person _____
- Yoga Seated Zoom _____

Sign me up Exclude these months

Class TWO

- Aerobics In-Person _____
- Aerobics Zoom _____
- Aquacize In-Person _____
- Core In-Person _____
- Core Zoom _____
- Seated Stretch & Cond In-Person _____
- Seated Stretch & Cond Zoom _____
- Strength and Balance 1 In-Person _____
- Strength and Balance 1 Zoom _____
- Strength and Balance 2 In-Person _____
- Strength and Balance 2 Zoom _____
- Strength Core & More In-Person _____
- Strength Core & More Zoom _____
- Stretch & Flex In-Person _____
- Stretch & Flex Zoom _____
- Tai Chi Beginner In-Person _____
- Tai Chi Beginner Zoom _____
- Tai Chi Intermediate In-Person _____
- Tai Chi Intermediate Zoom _____
- Tai Chi Advanced In-Person _____
- Tai Chi Advanced Zoom _____
- Yoga & Relax Gentle In-Person _____
- Yoga & Relax Gentle Zoom _____
- Yoga & Relax Moderate In-Person _____
- Yoga & Relax Moderate Zoom _____
- Yoga Seated In-Person _____
- Yoga Seated Zoom _____