

YPIYO

YMCA of San Benito County, 339 Fifth Street, Hollister, CA 95023 831-637-8600
www.centralcoastymca.com



CLASS DESCRIPTION: PiYo is a faster paced class than yoga. This class combines yoga and pilates movements to burn calories, build CORE strength and enhance agility and balance

WHAT TO BERING: Yoga Mat

Thursday, 8:30am—9:30am

Instructor: Karin Larsen

Location: YMCA of San Benito County, 339 Fifth Street, Hollister

Monthly Fee: \$30/Members

YMCA PIYO Program Registration Form

Return this form with payment in full (including program and membership fees) to the
YMCA at 339 Fifth Street, Hollister, CA 95023 **Phone: 831-637-8600; Fax: 831-637-8636**

Participants Name Birth Date Home Phone Attending School

Mailing Address Zip Code E-mail

Parent Name Alternate Emergency Contact Phone # (Cell) Phone # (Hm)

I agree that I and/or my child will cooperate and conform with the directions and instructions of the volunteers and staff involved in the program. I hereby give the YMCA permission to use their judgment in obtaining medical service for myself and/or my child and I give permission to the physician selected by the YMCA personnel to render medical treatment necessary and appropriate. In the event that my child is injured as a result of his/her participation in this program, including transportation to and from such activities, I agree not to hold responsible and/or liable the YMCA or any of its agents or employees. Payment of any medical, hospital, or related costs and expenses must be paid by any insurance or benefit plan of mine or my spouse.

Please be advised that the Hollister School District does not make any representation or warranty as to the quality of services, merchandise, or opinions associated with this agency or individual, (vendor, service, etc.) The purpose of this flyer (posting, newsletter, etc.) is to provide general information to the community only, and it is not recommended that anyone act on the information contained herein with out further independent inquiry.

**Y BELONG.
BE STRONG.**

Financial Assistance is available
for families who qualify.

