

# YOGA

YMCA of San Benito County, 339 Fifth Street, Hollister, CA 95023 831-627-8600



**Program Description:** Utilizing yoga flows and focused breath, participants will increase flexibility, balance and promote a healthy spirit mind and body.

**What to bring:** Yoga mat, yoga strap, blocks, towel and something to keep you warm

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

**Monthly Fee**

First class is complimentary.  
\$30/1-4 classes  
\$40/ 4 or more

**Membership Fee**

\$30/Individual  
\$55/Family

Day	Morning	Evening	Instructor
Monday	9:00-10:00am	5:15 to 6:15pm	AM- Robin Pollard PM-Christine Breen
Wednesday	9:00-10:00am <i>(Chair Supported)</i>	5:15 to 6:15pm	AM- Robin Pollard PM- Christine Breen
Friday	9:00-10:00am		Robin Pollard
Saturday	9:00-10:00am		Karin Larsen

**YMCA 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.



Financial Assistance is available for families who qualify.

