



Farmington Hills Special Services Fitness Motivators

MAT FUSION

Grant Community Center
Wednesday 7:35 – 8:20 pm

Session I
Jan 11 - Feb 22

No Omit Date
\$35R/\$40NR/7-classes

Session II
Mar 7 - Apr 18

No Omit Date
\$35R/\$40NR/7-classes

NEW! 45-min MAT FUSION NEW! MAT FUSION is a user-friendly practice for All Bodies- Ages- Levels. You go your own pace. MAT FUSION is linked together with the best of body sculpting using props, followed by a deep relaxation that creates a flowing class format. Benefits include flexible spine, long lean muscles, core strength, relaxed state-of-mind, and breath control. MAT FUSION is non-intimidating with results. Let Donna be your guide. Learn to listen to your body and follow your intuition while making your practice your own. **Aromatherapy will be used.** Equipment (provided by student): Sticky Yoga Mat, Block (Optional), Please register early to avoid cancellation

Site: Grant Community Center

Master Certified Instructor: Donna Lim-Truss

CLASS REGISTRATION FORM

Household/Primary Adult Contact: _____ Resident Non-Resident

Last Name: _____ First Name: _____ E-mail: _____

Address: _____ City: _____ Zip: _____

Home Phone: (____) _____ Work Phone: (____) _____ Emergency Phone: (____) _____

Please write your name at the session that you are registering for below:	Class #	Activity Name	Fee (Circle One)
	215732-01	Mat Fusion WED-SESSION I	\$35-Resident \$40-Non-Resident
	215732-02	Mat Fusion WED-SESSION II	\$35-Resident \$40-Non-Resident

Visa Master Card Expiration Date: Mo _____ Year _____ Card Number: _____

Authorized Signature: _____

By accepting my registration in the above programs, I hereby understand that I release my rights or claims for damages that I may have against the City of Farmington Hills through which this program is conducted or its instructors or City staff. I will also adhere to the refund policy. For more information, call 248-473-1800 Monday through Friday, from 8:30 am to 4:30 pm. FAX: 248-473-1801.

Date: _____ Participants Signature: _____ (Guardian signature for minors)

Make checks payable to Farmington Hills Special Services
Farmington Hills Special Services, 28600 Eleven Mile Road, Farmington Hills, MI 48336.

CHECK OR MONEY ORDER MUST EQUAL EXACT AMOUNT OF THIS REGISTRATION.