

West Springfield Park & Recreation Department

Adult Yoga & Adult Aerobics Classes



YOGA



2024-2025

SIGN UP NOW!

Learn Hatha Yoga and Mat Pilates techniques along with controlled deep breathing for total well being and health for mind and body. Helps improve and increase coordination, increase range of motion, increase muscle strength and total body alignment. Classes are for Adults 18+. Classes are held in the UNICO Building, located at 1 UNICO Way in Mittineague Park from 5:30PM-6:30PM on **Tuesday (Intermediate)** OR **Thursday (Beginner)** evenings. *Instructor: Lynn McCarthy*

Activity #	Course - Indoors	Dates	Days	Time	Location	W.S. Resident Fee	Non-Resident Fee
201030-4 Fall	Yoga Intermediate	Sept. 24, Oct. 1, 8, 15, 22, 29	TUESDAYS	5:30pm-6:30pm	UNICO Building (Mittineague Park)	\$45	\$55
201040-4 Fall	Yoga Beginner	Sept. 26, Oct. 3, 10, 17, 24, 31	THURSDAYS	5:30pm-6:30pm	UNICO Building (Mittineague Park)	\$45	\$55
201030-5 Holiday	Yoga Intermediate	Nov. 12, 19, 26, Dec. 3, 10, 17	TUESDAYS	5:30pm-6:30pm	UNICO Building (Mittineague Park)	\$45	\$55
201040-5 Holiday	Yoga Beginner	Nov. 14, 21, Dec. 5, 12, 19, 26	THURSDAYS	5:30pm-6:30pm	UNICO Building (Mittineague Park)	\$45	\$55
201030-1 New Year	Yoga Intermediate	Jan. 7, 14, 21, 28, Feb. 4, 11	TUESDAYS	5:30pm-6:30pm	UNICO Building (Mittineague Park)	\$45	\$55
201040-1 New Year	Yoga Beginner	Jan. 9, 16, 23, 30, Feb. 6, 13	THURSDAYS	5:30pm-6:30pm	UNICO Building (Mittineague Park)	\$45	\$55
201030-2 Spring	Yoga Intermediate	Feb. 25, March 4, 11, 18, 25, April 1	TUESDAYS	5:30pm-6:30pm	UNICO Building (Mittineague Park)	\$45	\$55
201040-2 Spring	Yoga Beginner	Feb. 27, March 6, 13, 20, 27, April 3	THURSDAYS	5:30pm-6:30pm	UNICO Building (Mittineague Park)	\$45	\$55
201030-3 Summer	Yoga Intermediate	April 15, 22, 29, May 6, 13, 20	TUESDAYS	5:30pm-6:30pm	UNICO Building (Mittineague Park)	\$45	\$55
201040-3 Summer	Yoga Beginner	April 17, 24, May 1, 8, 15, 22	THURSDAYS	5:30pm-6:30pm	UNICO Building (Mittineague Park)	\$45	\$55

AEROBICS



Get a great and fun aerobic workout designed to improve cardiovascular endurance, burn fat, tone muscles and increase flexibility. Classes are for Adults 18+. Classes are for all levels of ability on **Tuesday** and **Thursday** evenings, 6:30PM-7:30PM on the dates below. Classes are held in the UNICO Building, located at 1 UNICO Way in Mittineague Park. *Instructor: Lynn McCarthy*

Activity #	Course - Indoors	Dates	Days	Time	Location	W.S. Resident Fee	Non-Resident Fee
201010-4 Fall	Aerobics	Sept. 24, 26, Oct. 1, 3, 8, 10, 15, 17, 22, 24, 29, 31	TUESDAYS & THURSDAYS	6:30pm-7:30pm	UNICO Building (Mittineague Park)	\$40	\$45
201010-5 Holiday	Aerobics	Nov. 12, 14, 19, 21, 26, Dec. 3, 5, 10, 12, 17, 19, 26	TUESDAYS & THURSDAYS	6:30pm-7:30pm	UNICO Building (Mittineague Park)	\$40	\$45
201010-1 New Year	Aerobics	Jan. 7, 9, 14, 16, 21, 23, 28, 30, Feb. 4, 6, 11, 13	TUESDAYS & THURSDAYS	6:30pm-7:30pm	UNICO Building (Mittineague Park)	\$40	\$45
201010-2 Spring	Aerobics	Feb. 25, 27, March 4, 6, 11, 13, 18, 20, 25, 27, April 1, 3	TUESDAYS & THURSDAYS	6:30pm-7:30pm	UNICO Building (Mittineague Park)	\$40	\$45
201010-3 Summer	Aerobics	April 15, 17, 22, 24, 29, May 1, 6, 8, 13, 15, 20, 22	TUESDAYS & THURSDAYS	6:30pm-7:30pm	UNICO Building (Mittineague Park)	\$40	\$45

PLEASE TURN OVER FOR REGISTRATION INFORMATION

TO REGISTER FOR ADULT YOGA & ADULT AEROBICS CLASSES:

ONLINE:

Online registration is the fastest way to register for the programs. We recommend using this option to ensure your spot, as registrations are processed first come, first served.

- [Click here](#) to reach our Online Registration Site
- Log in with your credentials. Contact the Park & Recreation Office (parkandrec@tows.org) in order to verify your username and password or to get help setting up an account.
- Choose "Adult Aerobics/Yoga", pick the activity you are interested in, add to cart, and check out.
- Continue to the payment screen. This will allow you to use a credit/debit card to pay for your programs.
- Check your email! Approximately 1 week prior to the start of the program, an informational newsletter will be emailed to you.

DROP BOX:

Using the White Drop Box located on the median outside of the Municipal Office Building is the second best option for Registration. Please note that registrations are processed on a first come, first served basis.

- Complete an [Adult Yoga & Adult Aerobics Registration Form](#)
- Make checks payable to "Town of West Springfield"
- Write "Park and Recreation Department" on the front of a blank envelope
- Place in the White Drop Box located outside of the Municipal Office Building at 26 Central St.
- Check your email! The Park & Recreation Office will email you your registration confirmation. Approximately 1 week prior to the start of the program, an informational newsletter will be also be emailed to you.



MAIL-IN/WALK-IN:

Mail-In/Walk-In is the third option on how to register. Please note that registrations are processed on a first come, first served basis.

- Complete a [Adult Yoga & Adult Aerobics Registration Form](#)
- Make checks payable to "Town of West Springfield"
- Mail to or Visit us at:
West Springfield Park & Recreation Department
26 Central Street - Suite 19
West Springfield, MA 01089
- Check your email! The Park & Recreation Office will email you your registration confirmation.
- Approximately 1 week prior to the start of the program, an informational newsletter will be also be emailed to you.

West Springfield Park & Recreation Department ~ (413) 263-3284

West Springfield Park & Recreation Adult Yoga & Adult Aerobics Registration Form

Proof of residency is required for new participants!

Household Name _____ Primary Phone # _____

Street Address _____ Secondary Phone # _____

City _____ State _____ Zip _____ Is this a change in address? ___ Yes ___ No

E-mail Address _____

MEDICAL CONCERNS: Special Instructions and/or information that an instructor needs to be aware of: _____

Activity #	Last Name	First Name	Address/City	Gender	D.O.B.	Fee

RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

In consideration of being permitted to participate in West Springfield Park and Recreation Department programs/activities (hereinafter the "Program") I, the undersigned, on behalf of the participant listed above (hereinafter "Participant"), and for myself, my heirs, personal and/or legal representatives, next of kin, and assigns (hereinafter collectively referred to as "I" or "ME"), hereby:

1. RELEASE, WAIVE, DISCHARGE and COVENANT NOT TO SUE the Town of West Springfield, its agents, servants, employees, officials, volunteers, contractors, representatives (hereinafter the "Town") from any and all liability, claims, demands, actions, suits, loss and causes of action whatsoever arising out of or related to any loss, damage, or injury, including, but not limited to, death, illness, injury and/or disease of any kind, and including but not limited to any death, illness, injury and/or disease in any way related to or arising out of the novel coronavirus (COVID-19), that may be sustained by the Participant and/or arising out of or related to the Participant's participation in the Program, regardless of whether they arise in tort, contract, strict liability, or other legal theory.
2. INDEMNIFY, SAVE and HOLD HARMLESS the Town from any and all liability, claims, demands, actions, suits, loss, and causes of action and any cost it may incur, including court costs and attorneys' fees, arising out of or related to the Participant's participation in the Program, regardless of whether they arise in tort, contract, strict liability, or other legal theory.
3. ACKNOWLEDGE that the Participant's participation in the Program may be dangerous and may involve the risk of serious injury and/or illness, including COVID-19, and/or death and CONSENT to the Participant's voluntary participation and ASSUME full responsibility for any risk of loss, death, illness, injury and/or disease which I and/or the Participant may sustain arising out of or related to the Program whether known or unknown and whether caused by the negligence of the Town or otherwise.
4. AGREE that this Release and Waiver of Liability and Indemnity Agreement shall be construed in accordance with the laws of the Commonwealth of Massachusetts and that, in the event any portion of this document is deemed unlawful or unenforceable, said portion shall be severable and the balance of the terms shall continue in full legal force and effect.
5. AGREE that I, the undersigned, am the parent or legal guardian of the Participant. I hereby execute this Release and Waiver of Liability and Indemnity Agreement on the Participant's behalf. I understand that by executing this agreement on behalf of the Participant, I am binding the Participant and ME to the terms of this Release and Waiver of Liability and Indemnity Agreement.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS, INCLUDING MY RIGHTS AND THE RIGHTS OF THE PARTICIPANT BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Adult Participant Signature

Adult Participant Printed Name

Date