

***YOGA for Cougar Football Players
REGISTRATION FORM***

NAME_____

HOME + CELL_____

EMAIL_____

Classes to be held at the Fitness Studios at Momentum Fitness, 377 Wall Street, Princeton. (Across from the Princeton Airport)

When: (Tuesdays and Thursdays) beginning 7/15 thru 8/14

Time: 11:15 am – 12:30

Cost: \$ 75.00 (\$7.50 per class) Players may also attend any other classes being held by me during the entire summer for free!

Please make checks payable to: Pinnacle Therapy Services

Participant Information

Players should wear sweat pants or shorts with compression shorts/sliders beneath. Close fitting tank tops or underarmour style fitted tops work best for guys. Players will be upside down, feet up in the air ect....and a loose t shirt will fall over their faces or get tangled up, loose, baggy shorts will leave nothing to the imagination when the players are standing on their shoulders ☺

A personal Yoga mat is preferred, as its more hygienic, but we will have loaners available. A yoga mat can be found at bargain prices at almost all off price stores.
PLEASE BRING A SMALL HAND TOWEL AND AN OLD BELT OR TIE !!!!!!!