



Continuing Education—We Deliver!

Body Balance

This class is designed to help participants conquer imbalances, working on strength, flexibility, and weakness you may have in your core. This is a supportive group environment inviting all levels and abilities. Participants will be responsible for providing their own yoga mat, fitness ball, tennis ball, and hand weights (optional).

Instructor: Crystal Hale



Register Today!

928-669-2214

\$32 per session

Tuesdays, 4:00-5:00pm
February 4, 11, 18, 25, 2020

Thursdays, 4:00-5:00pm
February 6, 13, 20, 27, 2020

Arizona Western College
Parker Learning Center
1109 S. Geronimo Ave
Parker AZ, 85344
Room 107

Registration Form (Mail, Email, OR Fax)

Body Balance at AWC Parker

Tues Thurs

\$32

Name _____ Organization/Business _____

Phone _____ Email _____

Form of Payment

<input type="checkbox"/>	Check or Money Order Payable to Arizona Western College
<input type="checkbox"/>	VISA, MasterCard, Discover (in person or by phone)
<input type="checkbox"/>	Cash



Return Registration Form to : AWC Parker Learning Center 1109 S. Geronimo Avenue Parker, AZ 85344

Email: awc.lapaz@azwestern.edu Phone (928) 669-2214 Fax (928) 669-5350

Refund/Cancellation Policy

A 100% refund is granted or another individual may attend in your place if a request is made two working days prior to the start of class. A 50% refund will be issued if notice is received less than two working days prior to class start date. No refunds will be issued after the first day of class.