



**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*  
March 3, 10, 24, 31, 2020

*Thursdays, 4:00-5:00pm*

March 5, 19, 26, 2020 & April  
2, 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](mailto: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.