



**Kalama Parks & Recreation  
Community Education Classes**

**WINTER – January 2017**

*Class size may be limited  
Classes may be canceled for lack of enrollment*



**Register NOW !!!!!**

## **COMMUNITY CLASSES KALAMA COMMUNITY BUILDING**



**YOGA with Michelle Guido on TUESDAYS & THURSDAY 5:30pm – 6:30 pm.** A Beginners level 1 Vinyasa Yoga for strengthening and lengthening your body. Easy movements adaptable for all ages and those that may have some physical limitations. A fun way to find balance while improving your health. \$50 for all 12 classes or a ten class punchcard\*. Attendees will need to bring their own mat. New Classes to begin January 10<sup>th</sup>. **SIGN UP NOW!!!**

**Sign up for Classes at City Hall – 195 N. First St. Kalama (cash/check) or you can sign up the first day of class (check only). You can also sign up and pay on line at [www.cityofkalama.com](http://www.cityofkalama.com).**

\*Punchcards are good for the current & future sessions up to 10 classes, but should future sessions be discontinued for lack of enrollment refunds are not available.

Registration forms available at City Hall, 195 N. First St. Kalama or at. Please fill out a separate registration form for each participant and class. <http://www.cityofkalama.com/home/showdocument?id=1068>. Classes may be cancelled one week before the event with low registration, so get your registration in early to reserve your space in the class! All registrations MUST be received by the office prior to attendance at any class. Send all registrations with class fees and checks payable to: KALAMA CITY HALL PO Box 1007, Kalama, WA 98625. For more information call Kalama City Hall, 360-673-4561

**SEND CLASS IDEAS TO [cityclerk@kalama.com](mailto:cityclerk@kalama.com)** Kalama is also accepting submittals for classes from instructors that would like to help expand the City's Community classes. Open to one-day/evening classes to an on-going class. Please contact Coni McMaster at (360) 673-4561. Thank you.