



Proudly Presents

Fall Yoga & Fitness Classes for EveryBODY

Instructors: Kailyn Hannah & Brandi Mertens

Fee: \$50/month unlimited or \$10.00/Drop In

Classes Begin: August 5, 2025

All Classes held at KRC building/131 West A Ave. /// Register at KRC Office

Tuesdays:

5:15 - 6:15pm // Fit Balance: Moderate intensity circuit strength training combined with yoga

Thursdays:

4:00 - 4:45 pm // Functional Flow: A gentle adult class focusing on strength, stretching and mobility for every day life

5:15 - 6:00 pm // Burn & Build HIIT with Kailyn (High Intensity Interval Training)

6:15 - 7:00 pm // Yoga for everyBODY with Brandi (All Levels Yoga)

Please bring a mat, small hand weights if you have them, and water to class.

(No weights needed for everyBODY yoga.)

2025 YOGA/FITNESS REGISTRATION

NAME: _____
PHONE: _____ Email: _____
MEDICAL INFO: _____

Waiver Statement: The undersigned states that he/she understands that the KRC is not and shall not be responsible for or liable for any illness, injury to person or damage to property resulting from the program in which the undersigned is enrolling or from his/her participating in said program and the undersigned hereby forever releases and holds harmless the said KRC from any and all claims of any kind that the undersigned or his/her heirs, executors, administrators or assigns may have or claim to have resulting in any way from his/her participation in said program.

I have read and understand the waiver statement and give permission for participants named above to participate in the KRC program stated above.

Signature: _____

*KRC reserves the right to take photos/videos of our programs/participants for use as promotion/advertisement. If you have concerns, please speak with the Director personally. **PHONE: (620) 532-2761 EMAIL: knrec.office@gmail.com WEB: www.knrec.org** #16b