

YOGA HOT SPOT

Member Enrollment Form (must be 18 yrs. or older)

PLEASE PRINT

First Name:	Last Name:	Date of Birth:	
Address:			
City:	State:	Zip:	Email Address:
Cell or Home Phone:		Business Phone:	

Payment Type. Circle One -

- Website
- Major credit card
- Cash

Things to bring -

- Yoga mat
- Full length towel
- 1 wash cloth
- Shorts which show your knees
- At least 1 quart of water
- Hydrate during the day but stop one hour before class
- Most important - do not eat at least two hours before class

Signature:

Date: _____

Emergency Contact Information - Please print

We do need an emergency contact and #. In the case of an emergency we will call 911 first and then the emergency contact once time allows.

Name: _____

Phone: _____

Relationship: _____