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| President’s Fitness Club | Today’s Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| Volunteer/Coach Name: | Jane Doe |
| Dates available: | 10/4/02017 or 10/11/17 |
| Activity: | Yoga |
| Max Class Size: | 100 – outdoor, 40- indoor |
| Campus: | Santa Rosa |

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| Activity Description: | This session will include meditation, breathing techniques such as alternate nostril breathing, and chanting, as well as various **yoga** postures. |
| Participants Should Bring: | Towel and water |
| Activity Level: | Moderate, self-paced |

Please note:

All participants must be registered for President’s Fitness Club at fit.santarosa.edu to participate and will already have signed liability waivers.

Introductory Prompt for all Volunteer Presenters at President’s Fitness Club

This class is for EveryBODY!

1. Please listen to your body if you have current or old injuries feel free to modify the exercises, change the range of motion, or do fewer repetitions to make it work for you. Everything should be pain free in your joints!
2. Go at your own pace and fitness level. Choose the option that works best for you based on your fitness level or how you are feeling today.
3. It's important to focus on proper form both for safety and effectiveness.
4. Feel free to ask the instructor if you have any questions after the class.
5. Have fun!