

SoulCORE

Grades 4-8
A Movement to Nourish Body, Mind & Soul

1 WEEK TO REGISTER!



Join SoulCore leader, Kristy Hegrenes, in a 6 week class that pairs core strengthening, stretching and exercise with the prayers of the rosary. SoulCore is an invitation to nourish body, mind and soul while focusing on the mysteries and virtues of the rosary.



Thursdays, February 7 - March 14 ~ 2:10-3:10 pm
Cost: \$45 (\$65 with mat purchase)

What You Need for Class

- Comfortable clothing and a healthy snack
- Exercise mat (if you do not have a mat, you may order one with the registration below)
- Light weights – 3-5 pounds (weights can be kept at school for the 6-week session)

Minimum - 6 Students ~ Maximum - 15 Students ~ Class will be filled on a first come, first served basis.

SoulCore Registration Form – Grades 4-8

Registration Form with Payment Due ***NO LATER THAN Thursday, January 17***

Student Name: _____ Grade: _____ Teacher: _____

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Parent/Guardian Name(s): _____

Phone Number: _____ E-mail: _____

SoulCore Fee: \$45 per student (*have own mat*) or \$65 per student (*ordering a mat*)

___ Cash OR ___ Check # _____ (payable to StMCS)

I have light weights (3-5 pounds) that I will bring for class: ___ YES ___ NO

Transportation – At 3:15 pm, my child(ren) will be:

___ Picked up by parent or caregiver in the school parking lot (same dismissal procedure as after school)

___ Attending Kids Club (students will be escorted to a Kids Club leader)

___ Other _____

Allergies/medical concerns or other information about your child we may need to know:
