

Specialty Fee Based

Gentle Yoga

At Burke Racquet & Swim Club

6001 Burke Commons Rd., Burke, VA 22015

703-250-1299, www.burkeclub.com

With Marion Blasch

8-week session – 1:30 - 2:30pm

Tuesdays: APRIL 18 – JUNE 6, 2017

4/18, 4/25; 5/2, 5/9, 5/16, 5/23, 5/30; 6/6

Participants will be introduced to the fundamentals of yoga and will begin To build strength, balance & flexibility through a series of asanas (poses). Participants can also anticipate a sense of well being, mental clarity, and an improved sense of self. Chairs and props may be used.

Instructor: MARION BLASCH

Marion was a lead cyclist on the University of California Berkeley Womens's Cycling team. She was certified by Johnny G Mad Dogg Athletics as a Spin Instructor. An avid swimmer, she has competed and coached for Masters Swim and participated in triathlons. Currently Marion teaches Barre, Sculpt, Vinyasa flow yoga and Gentle yoga. She is certified through YogaFit for yoga instruction including: Pre/Post Natal Yoga, Hot Yoga, Kids Yoga, and Seniors Yoga.

	<u>MEMBER</u>	<u>NON-MEMBER</u>
	\$75.00	\$90.00
DROP IN-	\$12.00/class	\$15.00/class

(Drop-ins allowed, space permitting; NO proration)

NAME _____ E-MAIL _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

HOME NO. _____ CELL _____

EMERGENCY CONTACT NAME: _____ & PHONE _____

mem _____ or non _____ \$ _____ DATE: _____

Method of Payment	
Amt R'cvd _____	Date _____
___ Cash	___ Check
___ House Charge	___ Credit Card
Staff Init. _____	

Non-members MUST sign Waiver of Liability form.

WAIVER signed _____?