

Specialty Fee Based Class

# TWEEN/TEEN YOGA

Yoga poses, flexibility, breathing, & relaxation

AGES: 8 – 14 years

## At Burke Racquet & Swim Club

6001 Burke Commons Rd., Burke, VA 22015

703-250-1299, [www.burkeclub.com](http://www.burkeclub.com)

With Karen Hamilton

5-week session – 5:30 - 6:15pm (*1<sup>st</sup> Class FREE on 3/1*)

Wednesdays, Mar 1 - Mar 29, 2017

3/1, 8, 15, 22 & 29

Class is taught by Karen Hamilton, Music and Motion teacher and Certified Budding Yogis Instructor, RYT200

Yoga helps tweens and teens build the groundwork to live a healthy lifestyle in a safe and non-competitive space. It is a perfect compliment to their busy academic and extracurricular schedule, connecting them with others and themselves in a fun and nurturing environment, and leaving them refreshed and ready for the outside world.

	<u>MEM</u>	<u>NON- MEM</u>
	\$32.00	\$47.00
Drop-in	\$10.00	\$12.00

***Non-member parents are welcome to work out while  
Your children are in class with only \$5.00 guest fee***

\*Enrollment fee required at time of registration.

Babysitting available, advanced reservations, by 3:00pm required

NAME \_\_\_\_\_ E-MAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME NO. \_\_\_\_\_ CELL \_\_\_\_\_

EMERGENCY CONTACT NAME: \_\_\_\_\_ & PHONE \_\_\_\_\_

member \_\_\_\_\_ or non-member \_\_\_\_\_ AMT PD \_\_\_\_\_ DATE PD: \_\_\_\_\_

Method of Payment

Amt Rcv'd \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_ Cash                      \_\_\_ Check

\_\_\_ House Charge        \_\_\_ Credit Card

Staff Init. \_\_\_\_\_

**Non-members MUST sign Waiver of Liability form.**

WAIVER signed  ?