

**Fee Based**

# Yoga for Athletes

**Build stronger muscles  
Increase range of motion  
Help prevent repetitive-use injury  
Improve posture, balance and coordination  
Develop a greater mind-body connection**

**Sundays, 4-5:15 pm**

**5 week session: April 23 – May 21, 2017  
(Apr. 23, 30; May 7, 14 & 21)**

**Drop-in: Member - \$48.00    Non-member - \$63.00  
Member - \$12/class    Non-member - \$15/class  
(NO REFUNDS OR PRO-RATING)**

Brauna Carl, the instructor, has been a yoga teacher for more than four years and a runner for more than 20. She ran cross-country while a student at the US Naval Academy and holds certifications in group fitness through the Aerobics and Fitness Association of America and in yoga through YogaFit. For more information about the class, email [brauna.carl@verizon.net](mailto:brauna.carl@verizon.net)

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Registration for **YOGA FOR ATHLETES (Sundays 4-5:15)**

**Members: \$48. / Non Members: \$63.**  
**Drop ins: Members: \$12 / Non members: \$15**  
**Apr. 23 – May 21, 2017**

NAME \_\_\_\_\_, EMAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_

HOME PHONE \_\_\_\_\_ CELL \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

MEM: \_\_\_\_\_ NON-MEMBER \_\_\_\_\_

**METHOD OF PAYMENT**

Amt received \_\_\_\_\_, Date \_\_\_\_\_  
\_\_\_\_ Cash \_\_\_\_\_ check  
\_\_\_\_ House charge \_\_\_\_\_ cr. Card

STAFF INTIALS \_\_\_\_\_

**PAYMENT required with Registration  
Non-members MUST sign the Waiver of  
Liability form  
NO REFUNDS OR PRO-RATING**