



FALL IN LOVE WITH

Yoga

Yoga Foundations

(beginner to intermediate)

Sept 29th 3-5pm \$30 member \$36 non-member

Yoga Inversions

(intermediate to advanced)

Oct 26th 7:30-9pm \$15 member \$20 non-member

Restoration “Yin”

(athletes)

Nov 3rd 2-4pm \$25 member \$30 non-member

Yoga Balancing

(Intermediate to Advanced)

Dec 7th 7:30-9pm \$15 member \$20 non-member



To register, complete this form and bring it to the Hospitality Desk,
or fax it to Isabelle Cameron at **410-734-7371**.

— — — — —
Name: _____ Age: _____

Employer: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Male Single Do you have Yes
 Female Married Children? No

What are your fitness goals?

- Lose Weight. How much? _____ Increase Muscular Strength/Size
 Gain Weight. How much? _____ Stress Management
 Cardiovascular Conditioning Injury Rehabilitation
 Tone and Firm Are you currently involved in
an exercise program?

WAIVER: I accept all responsibility for use of any and all apparatus, appliances, facility, privilege or service whatsoever owned and operated at this club at my own risk, and shall hold this club, its shareholders, directors, officers, employer's representatives and agents harmless from any and all loss, claim, injury, damage, or liability sustained or incurred by me resulting there from.

Signature: _____

Payment Information	
Type of Card:	_____
Card #:	_____
Exp:	_____

