



# Yoga and Pilates

Learn Yoga and Pilates techniques to maximize your potential for performance, strength, flexibility, and injury prevention.

8 weekly classes for 25 weeks\* beginning Monday, January 5 through Saturday, June 27.

(\*24 Monday classes —No class Memorial Day, May 25)

Equipment needed for Pilates Classes: Pilates Mat and Strap

Class instructors will include Randy Just and Karon Karter

For a list of prices and class details, please see the back of this form.

## For more information or to enroll, please call:

Michelle Mock at GoodBody's  
214-351-9931

Sue Janosko at Luke's Locker  
214-528-1290 x20



Jointly Sponsored by

**GoodBody's**  
The Evolution of Fitness



## GoodBody's

5301 West Lovers Lane

Mon. at 6:30 p.m.—Intro Iyengar Yoga/Randy Just

Wed. at 6:30 p.m.—Intro Iyengar Yoga/Larry Lane

## BKS Iyengar Yoga Studio of Dallas

5539 Dyer Street

Wed. at 6:45 p.m.—Level 1-2 Iyengar Yoga /Randy Just

Sat. at 9:00 a.m. or 10:30 a.m.—Intro Iyengar Yoga/Randy Just

## Luke's Locker

3607 Oak Lawn Avenue

Mon. at 6:30 p.m.—Intermediate Pilates/Karon Karter

Wed. at 5:30 p.m.—Advanced Pilates/Karon Karter

Wed. at 6:30 p.m.—Intro Pilates/Karon Karter

**All Levels Welcome!**

- Intro Iyengar Yoga - Mondays
- Intro Iyengar Yoga - Wednesdays
- Level 1-2 Iyengar Yoga\* - Wednesdays
- Intro Iyengar Yoga - Saturdays

- Intermediate Pilates - Mondays
- Intro Pilates - Wednesdays
- Advanced Pilates\* - Wednesdays

\*Preapproval Required

- One Class/Week - \$150
- Two Classes/Week - \$250
- Three Classes/Week - \$325
- Four Classes/Week - \$350

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Male/Female \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

List any medical condition or injuries \_\_\_\_\_

Register at Luke's Locker or mail form and class fee to Luke's Locker, attn: Sue Janosko, 3607 Oak Lawn Avenue, Dallas, TX 75219.

• NO REFUNDS •

### RELEASE WAIVER ASSUMPTION OF RISK ARBITRATION

By signing below, I hereby (i) acknowledge that I will be engaging in physical activities offered by Luke's Locker Incorporated, GoodBody's, and BKS Iyengar Yoga Studio of Dallas in their indoor and outdoor facilities including but not limited to aerobic activities, stretching, Yoga and Pilates, (ii) affirm that I am in good physical condition and do not suffer from any difficulty that would prevent or limit participation in these activities, (iii) assume all risks to me associated with these activities, (iv) release Luke's Locker Incorporated, GoodBody's, BKS Iyengar Yoga Studio of Dallas and their employees, agents and owners from any liabilities, claims, demands, and causes of action arising from my participation in these activities, and (v) agree to submit any such matters to binding arbitration under the rules of and before the American Arbitration Association in Dallas County, Texas.

Date \_\_\_\_\_ Signature \_\_\_\_\_

If under 18 years of age:  
As legal guardian of \_\_\_\_\_, we consent to the above conditions.

### INSTRUCTOR BIOGRAPHIES

**Randy Just** is a Junior Intermediate II Certified Iyengar Yoga Instructor. His study of yoga began in the 70's. During the mid-80's, he extended his knowledge by becoming a devoted student of Iyengar Yoga. Randy has studied with the Iyengars in Pune, India as well as with many senior teachers globally and throughout the United States during his two decades of Iyengar Yoga practice.

**Karon Karter** has sold over 150,000 books on health and fitness. Her most recent publications are *Pilates Lite*, *The Core Strength Workout*, and *The Complete Idiot's Guide to Pilates*. Ms. Karter has been featured in major newspapers in the country such as *The New York Times*, and her books have been publicized in national magazines such as *PilatesStyle* and *Self*. She teaches Pilates and has influenced the fitness lives of thousands of students.