

YOGA

MAXIMIZE YOUR RUNNING POTENTIAL FOR PERFORMANCE, STRENGTH, FLEXIBILITY, & INJURY PREVENTION

2 WEEKLY CLASSES FOR 24 WEEKS* BEGINNING TUESDAY, JUNE 29 — THURSDAY, DECEMBER 9

*NO CLASS ON THANKSGIVING DAY, NOVEMBER 25

REGISTRATION FEE

1 CLASS PER WEEK — \$150

2 CLASSES PER WEEK — \$250

LUKE'S

959 GARDEN PARK DRIVE
469-854-6244
ALLEN, TX 75013

TUESDAY 6:30—7:30 P.M.

Yoga for Runners
Brook Cheatham

Slow-paced class focusing on poses & stretches to loosen and strengthen muscles & joints associated with running.

OPEN TO WALKERS TOO!

JOINTLY SPONSORED BY

luke's locker



AllenYogaCenter

SUMMER — FALL 2010

LUKE'S YOGA SERIES

ALLEN YOGA CENTER
909 GARDEN PARK DRIVE
ALLEN, TX 75013
214-207-2799

THURSDAY 6:30—7:30 P.M.

Levels 1-2 Yoga
Kelli Davis

Flowing style utilizing breath to link each movement. Move quickly through poses to work body into deep sweat while using breath to keep you balanced and focused.

WWW.LUKESLOCKER.COM

Luke's Locker

- Yoga for Runners
Tuesdays
6:30-7:30 p.m.
Starting June 29, 2010

Allen Yoga Center

- Power Yoga
Thursdays
6:30-7:30 p.m.
Starting July 1, 2010

One Class/Week - \$150

Two Classes/Week - \$250

Name _____ Date of Birth _____ Male/Female _____

Address _____ City _____ State _____ Zip _____

E-mail _____ 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: Glynis Anderson, 959 Garden Park Drive, Allen, TX 75013.

• 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 and Allen Yoga Center in their indoor and outdoor facilities including but not limited to aerobic activities, stretching, and yoga, (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, Allen Yoga Center 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—Dallas Regional Office.

Date _____ Signature _____

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

INSTRUCTOR BIOGRAPHIES

Brook Cheatham is the owner of Allen Yoga Center. She has been an Elite Certified Personal Trainer since 2002 and has been registered with the Yoga Alliance at the 200-hour level since 2004. She completed continuing education workshops with Master Yogis & Yoginis and Purple Lotus Yoga Teacher training in 2004. Brook received the National Academy of Sports Medicine CPT in 2006.

Kelli Davis is a registered yoga teacher (RYT) with Yoga Alliance. She has studied under international yoga instructors and loves guiding student through a fun and challenging vinyasa flow and helping them awaken their true potential.