



## Yoga for Runners at Fleet Feet Sports

Monday evenings, 7:15-8:15 PM, beginning Jan. 9<sup>th</sup>, 2012

- Yoga will help strengthen your core, improve balance, clear your mind, and improve flexibility. All of these things will help you avoid injuries and be a better overall runner. Poses will focus on runner-specific goals and is open to all levels.
- Class will run for 8 weeks, beginning 1/09/12.
- Class is limited to the first 20 people registered and paid.
- Cost is \$55 per person for the 8-week session.
- Please bring your yoga mat and wear comfortable clothing that is easy to move in.
- Complete form below and return to Fleet Feet Sports, 2722 Carl T. Jones Dr.
- Health screening must be completed prior to first class. Instructor will email health screening form once registration is received.
- Contact instructor, Christy Scott, with any questions. (256) 508-1925 or [fitnessonthemove@gmail.com](mailto:fitnessonthemove@gmail.com)  
[www.fitnessonthemovellc.com](http://www.fitnessonthemovellc.com)

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Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Emergency contact \_\_\_\_\_

Emergency contact phone \_\_\_\_\_

Amt paid \_\_\_\_\_ Check # \_\_\_\_\_ Health screening received \_\_\_\_\_