

YOGA & PILATES

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

— ALL LEVELS WELCOME

GOODBODY'S

5301 WEST LOVERS LANE

MONDAY – 6:30 P.M.

Intro Iyengar Yoga
Randy Just

WEDNESDAY – 6:30 P.M.

Intermediate Pilates
Karon Karter

LUKE'S

3607 OAK LAWN AVENUE

MONDAY – 5:30 P.M.

Advanced Pilates
Karen Karter

MONDAY – 6:30 P.M.

Intro Pilates
Karon Karter

7 WEEKLY CLASSES FOR 23 WEEKS

Mondays, July 12 — December 13

Wednesdays*, July 14 — December 15

Thursdays, July 15 — December 16

Saturdays, July 17 — December 18

Equipment needed for Pilates: Pilates Mat & Strap

SUMMER — FALL 2010

LUKE'S YOGA & PILATES SERIES

BKS IYENGAR YOGA STUDIO

5539 DYER STREET

WEDNESDAY – 6:45 P.M.

Levels 1–2 Iyengar Yoga
Randy Just

THURSDAY – 7:30 P.M.

Intro Yoga

SATURDAY – 9:00 A.M.

Intro Iyengar Yoga
Randy Just

WWW.LUKESLOCKER.COM

BKS Iyengar Yoga Studio

- Level 1-2 Iyengar Yoga* – Wednesdays
- Intro Yoga – Thursdays
- Intro Iyengar Yoga – Saturdays

Luke's Locker

- Intro Pilates – Mondays
 - Advanced Pilates* – Mondays
- *Preapproval Required*

GoodBody's Yoga

- Intro Iyengar Yoga – Mondays
- Intermediate Pilates – Wednesdays

<input type="checkbox"/> One Class/Week - \$150	<input type="checkbox"/> Two Classes/Week - \$250	<input type="checkbox"/> Three Classes/Week - \$325
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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 is the author of nine fitness and health books which include her latest, *The Ultimate Body Shaping Bible* and *The Six-Week-Bikini-Countdown*. She hosts her own show, *Pilates from the Inside Out* on VeriaTV which airs nationally on the Dish Network. Ms. Karter has been featured in every major newspaper in the country and appears regularly on *Good Morning Texas* and *Good Day Fox*.