

# Tracie's Fitness Evolution

## Boot Camp Challenge: Mind, Body & Spirit



**Invest in YOURSELF. Evolve into a FIT THINKER.**

Summer Session 2: August 5 – September 23, 2009

4:20-5:20 pm Monday and Wednesday and 4:30 -6 pm on Friday

Meeting Dates (subject to change): August 5, 7, 10, 12, 14, 17, 19, 26; September 2, 4, 9, 14, 16, 18, 21, 23

For additional questions, Contact Tracie at [tracie@yogarasa.net](mailto:tracie@yogarasa.net) or call us at 713-941-9642.

**To register, complete the form below and submit with payment.**

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### Fitness Evolution Registration

Summer Session 2:  Yoga Rasa Student \$210  Non Yoga Rasa Student \$389

YR Student 5 & 10 Boot Camp Card \$65.00 & 125.00  Non YR Student \$85.00 & 165.00

YR Student Drop In \$15.00  Non YR Student Drop In \$18.00

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_ Email: \_\_\_\_\_

Known Health Conditions: \_\_\_\_\_

#### Disclaimer

Yoga is a system of healthy exercises designed to support optimum health. The approaches described and taught in this course are not offered as cures, prescriptions, diagnoses or a means of diagnosis to different conditions. The information must be viewed as an objective compilation of existing data and research. The instructors assume no responsibility in the correct or incorrect use of this information and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor.

By undersigning, I have reviewed, understand and agree to the above disclaimer.

\_\_\_\_\_  
Signature