

# Tracie's Fitness Evolution

## Boot Camp Challenge: Mind, Body & Spirit



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

Spring Session: March 17 – May 7; 4:30-5:30 pm on Wednesday and Friday

**Meeting Dates (subject to change):**

March 17 & 19, March 24 & 26, March 31, April 7, April 14 & 16, April 21 & 23, April 28, May 5 & 7

Make-Up Days as needed: May 12 & 19

For additional questions, Contact Tracie at [tracie@yogarasa.net](mailto:tracie@yogarasa.net) or call us at 281-282-9400.

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

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### Fitness Evolution Registration

Winter Session:  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.

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Signature