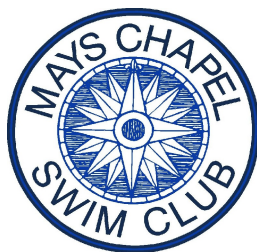


Fitness



Yoga

* Programs are for members and non-members.

Fitness/Yoga Program

The Mays Chapel Swim Club fitness/yoga program will incorporate the components of mind/body fitness without impact or stress to the joints.

Instructor

Mary Fox

- Certified AAI/ISMA Fitness, Aerobics, Personal Training, and Yoga Instructor at Bally's Total Fitness Gold's Gym, Lifeline Power Yoga

Mary Fox has over nine years of experience working at national health clubs as well as private studios in many areas of the fitness industry. She specialized in water aerobics and yoga and has worked with students of all levels and abilities. She has worked with clients ranging from those rehabilitating from injuries, surgeries, chronic arthritis, special needs as well as professional athletes.

For additional information about this or any other program, please contact fitness@mayschapelswimclub.com.

Class Descriptions

Stability Ball Toning - Overall toning and muscle-building exercises to increase strength, muscle mass and bone density. Will incorporate stretching to increase flexibility. Light hand weights, ball and mat recommended.

Yoga - A combination of physical and mental conditioning aimed towards improvement of strength, flexibility, and balance. Will focus on core training. Bring a mat and towel.

Yoga Basics - Discover renewed vitality, increased flexibility, and reduced stress through a combination of breathwork, restorative stretching, and relaxation postures. Ideal for students with injuries, weakness, fatigue or those just beginning a new fitness program. Bring a mat and towel.

Schedule

| | | | |
|------------------------------|--------------------|------------------------------|---|
| Stability Ball Toning | Session 12A | <i>Sept 8 - Oct 20, 2010</i> | Monday and Wednesday 9:30 a.m. to 10:30 a.m. |
| Yoga | Session 12B | <i>Sept 8 - Oct 20, 2010</i> | Monday and Wednesday 10:30 a.m. to 11:30 a.m. |
| Yoga Basics | Session 12C | <i>Sept 8 - Oct 20, 2010</i> | Monday and Wednesday 11:45 a.m. to 12:45 p.m. |
| Stability Ball Toning | Session 13A | <i>Oct 25 - Dec 1, 2010</i> | Monday and Wednesday 9:30 a.m. to 10:30 a.m. |
| Yoga | Session 13B | <i>Oct 25 - Dec 1, 2010</i> | Monday and Wednesday 10:30 a.m. to 11:30 a.m. |
| Yoga Basics | Session 13C | <i>Oct 25 - Dec 1, 2010</i> | Monday and Wednesday 11:45 a.m. to 12:45 p.m. |

General Information

- Classes will be held in the Club House at Mays Chapel Swim Club.
- Light weights needed for toning classes.
- Mats and towels recommended for Yoga classes.
- Please have a physician’s approval before attending any exercise program.

Fee Structure

Individual: \$85.00 participant/session (\$45.00 participant/session for only one day a week)

Payable to: Mays Chapel Swim Club

Please send registration and payment to: Mays Chapel Swim Club
 Attention: Fitness/Yoga
 16 Stenersen Lane, Suite 4A
 Hunt Valley, MD 21030

REGISTRATION FORM

One participant per form.

Participant’s Name _____ Session _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Email Address _____

Method of payment for fitness/yoga (check one)

_____ Enclosed is the class registration fee paid in full. **MAKE CHECKS PAYABLE TO MAYS CHAPEL SWIM CLUB**

_____ I hereby authorize Mays Chapel Swim Club to effect payment for class registration by drafting my credit card which is listed below in the amount of \$_____.

Credit Card Information (provide only if charging cost of lesson)

Visa _____ MasterCard _____ CARD # _____ EXPIRE DATE _____

Card Security Code (3-digit number on back of card) _____

AUTHORIZATION SIGNATURE _____ DATE _____

Registration is on a first-come, first-served basis. **Payment will be accepted by credit card, check, or money order only.**