

FREE WORKSHOP

KINGSBURY CLUB & SPA
186 SUMMER ST
KINGSTON, MA 02364
(781) 585-3883

WEDNESDAYS | 11:15 AM - 12:00 PM W/MEGAN W.

YOGA *for Athletes*

4

WEEKS DEC 1ST- 22 ND

In this entry level class you will learn to stretch, improve posture and gain flexibility. Yoga also prevents injuries, creates stronger balance and an excellent tool for mindset. This workshop is excellent for tennis players, runners or anyone who loves physical fitness!



KINGSBURY CLUB
KINGSTON



REGISTRATION FORM - YOGA for ATHLETES

Please note: No refunds for missed sessions

Name _____

Address _____

Phone _____ Email _____

Emergency Contact _____ Phone _____

Membership Type: Member Non-Member

Select Class Day: Wednesday

The Kingsbury Club & Spa reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Participant Signature _____ Date _____