



**January – March 2019
Gentle Pilates
Chevy Chase United Methodist Church**

This is an activity-based program that focuses on improving strength, flexibility and balance - the key to a healthy, active lifestyle. Activities are designed to improve the center of gravity, posture, gait pattern, strength, endurance and flexibility. Progressive exercises catering to the *individual needs* of each student will be introduced and practiced.

Instructor Irene Koegel has been teaching for over 15 years. She holds certifications in Pilates from the Pilates Method Alliance, The Articulate Eye, Physical Mind Institute and Hole In One Pilates, Inc.

Registration Information

Please check class selection and the prices that apply:

<input type="checkbox"/> Monday	<input type="checkbox"/> Wednesday	<input type="checkbox"/> Thursday MAT CLASS
Class dates: Jan. 7-March 4 No class 1/21 and 2/18 (7 weeks)	Class dates: Jan. 9-March 6 (9 weeks)	Class dates: Jan. 10- March 7 (9 weeks)
\$105.00 for CCUMC member or CC@ H Member, Associate or Friend \$119.00 for Community	\$135.00 for CCUMC member or CC@ H Member, Associate or Friend \$153.00 for Community	\$135.00 for CCUMC member or CC@ H Member, Associate or Friend \$153.00 for Community

Please pay online at <http://chevychaseathome.org> or make **check payable to Chevy Chase At Home (CC@ H)** and mail to P.O. Box 15102, Chevy Chase, MD 20825.

Signature of Participant

Printed Name

Date

Street

Email Address

City, State, Zip Code

Home & Work Telephone Numbers

Please consult with your physician before taking any exercise class.

You may 1) mail the forms to CC@ H at P.O. Box 15102, Chevy Chase, MD 20825, or 2) scan and email to CC@ H at info@chevychaseathome.org. You can mail the fee or bring your check to class. Waivers will be provided on the first day of class or can be downloaded from the website. Returning participants do not need to complete the registration form unless your contact info. has changed. Everyone must sign a waiver!

*You must sign and return the completed registration and waiver/release forms to complete registration.
New participants who register online still need to return their registration forms!*