

Fall 2018

# Yoga Classes

Tuckahoe Recreation Club  
1814 Great Falls Street  
McLean, VA 22101  
703-356-1205

[www.tuckahoe.net](http://www.tuckahoe.net)



Register in advance to guarantee your place in the class of your choice.

No refunds given after the first class.

## YOGA REGISTRATION FORM

CLASS DAY & TIME

FEE COLLECTED

STUDENT'S NAME

MEMBER #

SEX: m M m F

STREET ADDRESS

CITY

STATE

ZIP

E-MAIL ADDRESS

CELL PHONE

HOME PHONE

SIGNATURE

DATE



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### Classes with FRITZ PARTLOW

Fritz Partlow is a Certified Iyengar Yoga Teacher (CIYT) and has been teaching since 2006. Her training in anatomy, alignment, and breath work along with her enthusiasm for the practice of yoga make her classes safely challenging for students in body and mind.

Fritz teaches Iyengar yoga which emphasizes correct alignment in the poses. This practice is designed to improve balance, build strength and stamina, and improve flexibility. Each class begins and ends with a short meditation for centering and relaxation.

The Tuesday morning class is a class designed for students of all-levels including those students new to yoga and with some physical limitations.

TUESDAY Mornings • 9:30 -11:00 am  
September 4 – December 18 (15-weeks)

\$ 285.00 Members  
\$ 300.00 Non-members  
\$ 20.00 Drop In (*space permitting*)  
No Class – November 13



### Classes with LEAH DIQUOLLO

Leah DiQuollo is a Certified Iyengar teacher and a Certified Yoga Therapist, registered with the International Association of Yoga Therapists. She has been teaching since 2011.

What to expect in Leah's classes:  
Leah teaches the Iyengar method of yoga which builds students' capacity in strength, endurance, balance and flexibility gradually and safely from posture to posture and class to class. Important alignment principles will be a focal point in all of the classes.

Leah's classes are well suited for students of all levels, including those new to yoga and those with some physical limitations.

THURSDAY • 9:30 - 11:00 am (14-week)  
September 13 – December 20  
*No class Nov 22 – Thanksgiving*  
SATURDAY • 2 – 3:30 pm (9-week)  
October 13 – December 29  
*No class Nov 24, Dec 8 & 22*

\$ 266.00(Thrs) & \$171(Sat) Members  
\$ 280.00(Thrs) & \$180(Sat) Non-members  
\$ 20.00 Drop In (*space permitting*)

### THINGS TO KNOW ABOUT TAKING CLASS

#### ATTIRE

Wear clothing you can move in. Bare feet are essential. No perfume, please.

Props and mats are provided.

#### FOOD

Come with an empty stomach.

#### CELL PHONES

Please remember to silence your cell phones during class.

#### SPECIAL PHYSICAL NEEDS

Let your teacher know about any injuries, physical problems or medical conditions. Students are required to be able to get up from and down to the floor on their own.

#### CLASS/CLUB CANCELLATIONS

In case of inclement weather or other emergencies, Tuckahoe will send out an email, and post on our Facebook page, and Twitter (which shows up on our webpage: [tuckahoe.net](http://tuckahoe.net)) if the club will be closed. We will also send out notification when the club has reopened.