



**Calhoun Beach Club Presents:**

**YOGA, Fitness, Cross-training, Sport-specific training**

**Carolyn Moos** Blake HS, USA BB Gold Medal Jr. Olympics, B.A. Stanford, FIBA/WNBA Professional Athlete, M.A. USC, completing R.D., ACE Certified Personal Trainer, Yoga Instructor and Nutrition consultant. [www.fitt4life.org](http://www.fitt4life.org) for updates/class times. E-mail [c.moos@stanfordalumni.org](mailto:c.moos@stanfordalumni.org) directly to indicate your interests and **RSVP** with title-head "FITT4Life Calhoun Fitness"

**DATES for classes and workshops:** CHECK website for updates!

**Nov. 24<sup>th</sup>-29<sup>th</sup> by appoint AND**

\***Yoga Class** Mon. Nov. 24<sup>th</sup> 10:15AM

\***Power Yoga** pre Holiday! WED Nov. 26<sup>th</sup> 4PM

\***Cardio/Yoga Boot Camp** Sat. Nov. 29<sup>th</sup> 12noon

**Dec. 6<sup>th</sup>-13<sup>th</sup> By appointment, class times on website!**

**Dec. 22<sup>nd</sup>-Jan. 10<sup>th</sup>** Carolyn will hold clinics/workshops 2 weeks of every month **throughout 2009! BE FITT4Life** for the holidays and into 2009! Set your goals high-Carolyn will help you get there!

