

# **ADULT FITNESS Classes with DLD @ ISB 2018**

## **Registration Form**

Student's Name: \_\_\_\_\_

Family Name: \_\_\_\_\_

Preferred Phone: \_\_\_\_\_

e-mail: \_\_\_\_\_

### **Class Request**

<b>Date</b>	<b>3:45 – 4:45</b>
<b>TUES</b> (Aug 14)	<input type="checkbox"/> Adult Yoga
<b>WED</b> (Aug 15)	<input type="checkbox"/> Pilates Mat – Core Conditioning
<b>THURS</b> (Aug 16)	<input type="checkbox"/> Adult Yoga
<b>FRI</b> (Aug 17)	<input type="checkbox"/> Stretch & Strengthen

- Class size is limited to available space based on first-come, first-serve payment received.
- **All payment can be made at ISB: Community Activities Office (CAO) next to ISB Bookstore.**

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<b>Classes Requested</b>	<b>Fee</b>	<b>Subtotal</b>
550 Baht / Class X No. of classes _____		
EARLY BIRD DISCOUNT (500 THB/ class) paid before Aug 14 <sup>th</sup>		
<b>Grand Total</b>		

Received by date: \_\_\_\_\_ Date Approved : \_\_\_\_\_

**Contact:** Jaleea Price (ISB MS/HS Dance Department)  
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### **CLASS INFORMATION**

Dana Lawton Dances company (DLD) is visiting ISB for a 1-week residency during their Asian tour! The multi-generational company is under the direction of Dana Lawton, a tenured associate professor at Saint Mary's College of California, and faculty member of the Shawl-Anderson Dance Center. DLD is offering workshops and a performance event at ISB incorporating our student-dancers into an evening-length concert,  *Holding Space* . The  *Holding Space*  performances will be selections from acclaimed past DLD works and projects from the 1-week Dance Intensive. Come enjoy the unique perspective of DLD as they share new insights on what constitutes a dancer, and inspires people to reimagine what is possible.



#### **Yoga**

Yoga is a timeless, pragmatic science evolved over thousands of years devoted to the physical, mental, and spiritual being. Participants will learn and practice asanas (poses) that will tone muscles, stretch ligaments, strengthen joints, activate internal organs, increase lung capacity, and quiet the mind.  
(All levels – taught by Dana Lawton or Vera Schwegler)



#### **Pilates Mat – Core Conditioning**

The Pilates Method is an ideal form of cross conditioning for all ages. The exercises are designed to improve whole body strength, balance, control, flexibility, muscle symmetry and coordination. Engage those deep core muscles! Help your alignment and move with more ease and control.  
(All levels – taught by Jennie Smith)



#### **Stretch and Conditioning**

Stretch and Conditioning is a class designed to keep bodies limber through strength and flexibility.  
(All levels – taught by Leah Hendrix-Smith and/or Vera Schwegler)