



## **Body Recall Exercise Classes**

***Kentucky Repertory Dance Theatre***

**859-277-6466**

**www.krdt.org**

**Body Recall exercise classes for adults to tone muscles,  
strengthen bones and improve balance with slow,  
controlled movement.**

**with**

**Nancy Durall, Certified Body Recall Instructor**

**September 7 to November 28, 2011**

**(Mon, Wed, Fri at 2:00-3:00 PM)**

**at 570 Delzan, Ste 36**

**upstairs on the 2<sup>nd</sup> floor at Dancers' Studio**

**off Clays Mill across from Jessie Clark Middle School**

**30 classes for \$99**

**Register by August 30 (checks payable to KRDT and mail to KRDT, 143  
Suburban Court, Lexington, KY 40503)**

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**Name** \_\_\_\_\_

**Address** \_\_\_\_\_  
\_\_\_\_\_

**Phone** \_\_\_\_\_

**E-mail** \_\_\_\_\_

**Waiver of Liability: I, the undersigned, unconditionally release and discharge Kentucky Repertory Dance Theatre (KRDT) and Dancers' Studio and their faculty and staff, employees, directors and volunteers from any liability arising from, related to or participation in classes conducted by or associated with KRDT or Dancers' Studio. I certify that I am in good health and have no limitations or difficulties that would prevent my participation.**

**Signature** \_\_\_\_\_