

Figures

Scanned to profile:
 Agreement Signed:

GROUP TRAINING SIGN UP FORM:

NAME: _____ DATE: _____

PHONE: _____ EMAIL: _____

SPECIAL REQUESTS: _____

- **1ST CHOICE**
 - GROUP / DAY / TIME: _____
- **2ND CHOICE**
 - GROUP / DAY / TIME: _____

IF MORE THAN ONE CHOICE IS AVAILABLE, WOULD YOU WANT TO DO MORE THAN ONE?

YES NO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM					Training with Maria	
7AM		Training with Maria		Training with Maria	Training with Maria	
8AM		Training with Maria		Training with Maria	Training with Maria	Training with Maria
9AM		Training with Maria	Training with Maria	Training with Maria	Training with Maria	Training with Maria
9AM		Fit Over 50 with Carly		Fit Over 50 with Kathleen		
10AM		Training with Maria	Training with Maria	Training with Maria		
10:30AM				Strength Training with Janine		
11AM		Strength Training with Carly				
11AM		Fit Over 50 with Kathleen				
11:30AM			Fit Over 50 with Kathleen			
NOON	Training with Maria					
1PM	Training with Maria					
2PM	Training with Maria			Training with Maria	Training with Maria	
3PM	Training with Maria			Training with Maria	Training with Maria	
4PM				Training with Maria	Training with Maria	
5PM				Strength Training with Carly		
5:30PM				Strength Training with Janine		
6PM		Functional Fitness with Janine		Fit Over 50 with Carly		
7PM				Strength Training with Carly		

● **SMALL GROUPS:** ONCE A WEEK, FOR 8 WEEKS, STARTING THE WEEK OF JUNE 26th.
 (GROUPS OF 2 - 4; \$200 FOR ALL 8 TRAININGS)