

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

IF SIGNING UP FOR "STRENGTH + NUTRITION" PLEASE CHOOSE ONE WORKSHOP:

THURSDAY, AUG. 17TH 6:30 - 8:30PM SATURDAY, AUG. 19TH 8 - 10AM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM					Strength + Nutrition with <i>Maria</i>	
7AM					Training with <i>Maria</i>	
7:30AM	Strength + Nutrition with <i>Maria</i>					
8AM						Strength + Nutrition with <i>Maria</i>
9:30AM		Fit Over 50 with <i>JDD</i>		Fit Over 50 with <i>Kathleen</i>		
10:30AM				30 Min. BOSU with <i>Kathleen</i>		
11AM		Strength + Nutrition with <i>Maria</i>				
11AM	Fit Over 50 with <i>Kathleen</i>					
11:30AM			Fit Over 50 with <i>Kathleen</i>			
NOON	Training with <i>Maria</i>					
3:30PM	Training with <i>Maria</i>					
3PM				Yin Yoga with <i>feather</i>	Training with <i>Maria</i>	
4PM				Beginner Yoga with <i>feather</i>		
4:30PM		Training with <i>Maria</i>		Training with <i>Maria</i>		
5PM				Strength Training with <i>Carly</i>		
5:30PM					Strength + Nutrition with <i>Maria</i>	
6PM				Fit Over 50 with <i>Carly</i>		
6:30PM	Strength + Nutrition with <i>Maria</i>		Strength + Nutrition with <i>Maria</i>			
6:30PM	Advanced Boxing with <i>Kimberly</i>					
7PM				Strength Training with <i>Carly</i>		

● **SMALL GROUPS:** ONCE A WEEK, FOR 8 WEEKS, STARTING THE WEEK OF AUGUST 21ST.
 (GROUPS OF 2 - 4; \$200 FOR ALL 8 TRAININGS; \$270 FOR STRENGTH & NUTRITION SMALL GROUP PLUS WORKSHOP)