

Group Exercise Class

By First Health Associates, SC

Registration Form

March 6, 2010— Eight Weeks!



Class Details:

Class Time: **10:00 am—11:00 am** (8 wk course)

Class Dates: Saturday's March 6th - April 27, 2010

Class Location:

First Health Associates' Fitness Academy
Continental Towers
1701 W Golf Road, Bdg #2
Rolling Meadows, IL 60008

Cost: \$50 For eight session course (checks to be made out to First Health Associates; prepayment is required; if courses are missed refunds are not available)

Participants' Notes:

- Participants are encouraged to wear loose, comfortable clothing
- Participants need to bring a towel and water bottle

Class Size: Class is requires 10 minimum and is limited to (12) partici-

GROUP EXERCISE REGISTRATION FORM:

(Please mail or fax this form with payment information. Prepayment is required. Fax to 847.593.3346. Address above. Thanks!)

Name _____

Address _____

Phone _____

Email _____

Payment type:

Check Credit Card (circle one)
 Visa MasterCard Discover
 Other _____

Card # _____

Expiration Date _____

—Confirmation one week prior to class start date—

Why Go Group?

Working out with a group is a great way to take your fitness to a whole new level. Many health club fitness classes are geared around a particular exercise (aerobics classes, kick boxing classes, strength classes, etc.). We gear our programs not around what we are looking for, but what the group is looking for. Weight Loss goal? Strength training goal? Fitness Goal? We'll tailor the exercise to you!

Benefits of Group Training:

- Camaraderie and support of others
- Not a set program (trainers change up routine on the fly if needed)
- Add accountability and structure to your workouts
- Upbeat, well rounded exercise routines
- IT'S FUN!!!

FOR OFFICE USE:

Date Received: _____

Payment Posted: _____

Confirmation letter sent: _____