

A close-up, low-angle shot of a woman's arm and hand lifting a black dumbbell. The background is blurred, showing a gym setting. The text is overlaid on the top half of the image.

GET YOUR BODY POWERED UP

KINGFIT

WITH MONICA

Mon | Wed | Fri: 8:30 - 9:30 AM

8-weeks: May 1st - Jun 23rd*

(*won't meet Monday, 5/29 (Memorial Day))

\$25/TRAINING MEMBER

\$30/TRAINING NON-MEMBER

Prepare for summer with some amazing full body strength & cardio training! Join Monica 1x/2x or 3x's/week for small group training.



KINGSBURY CLUB



REGISTRATION FORM - KINGFIT

Full Name _____

Address _____

Phone _____ Email _____

Emergency Contact _____ Phone _____

Membership Type: ☐ Member ☐ Non-Member

Payment: ☐ House Charge ☐ Check ☐ Credit Card _____

Exp Date _____ Security Code _____

Class _____ Day _____ Time _____ Fee _____

The Kingsbury Club & Spa reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Signature