

..... **KINGSBURY CLUB & SPA**

MON & FRI **EVE TEEN TRAINING**

6 WEEKS

APRIL 22 - MAY 31
AGES 12+

ON THE TURF W/JOE
MONDAYS FROM 5-6 PM OR 6-7 PM
FRIDAYS 6-7 PM

MEMBERS 1xweek \$150 (6-workouts)
NON-MEMBERS 1xweek \$180 (6-workouts)

Join Joe for some great teen training. Obstacle courses, box jumps, tank pushes, running, light lifting, core work & more! Keep your kiddos moving this with this constant-motion fitness class, taught by Professional football player, Joe Grogan!

KingsburyClub.com



Please indicate which session you would like to sign up for:

Mondays 5-6 PM

Mondays 6-7 PM

Fridays 6-7 PM

REGISTRATION FORM

Participant _____ DOB _____

Parent's Name (If under 18) _____

Address _____

Family Email _____

Home Phone _____

Emergency Contact _____ Phone _____

Membership Member Non-member Payment Method House Charge Check Credit Card

Credit Card Visa Amex MC Discover Card # _____ Exp. Date _____ CVV _____

Clinic Name _____ Day _____ Time _____

The undersigned fully accepts that the Kingsbury Club, its shareholders, directors, officers, employees, representatives and agents cannot be held responsible for any loss, claim, injury, damage or liability sustained or incurred during participation on the premises of Kingsbury Club & Spa. The Kingsbury Club & Spa reserves the right to photograph program participants for publicity purposes, in print or electronic media

Participant's Signature: _____ Date _____

Parent's Signature: _____ Date _____