

GET YOUR BODY POWERED UP

KINGFIT

WITH MONICA

Summer Session 1

June 17 - July 26 (6 weeks)
Mon/Weds/Fri 8:30 - 9:30am
see back of form for available dates

\$25/TRAINING MEMBER

\$30/TRAINING NON-MEMBER

Summer is here! Keep that body toned up and shed some calories with this amazing full body strength and cardio training! Join Monica 1x/2x or 3x per week for Small Group Training.



KINGSBURY CLUB

Please circle the dates you are committing to. Must have 4-participants per date for group to run. Monica will post which dates will run once finalized.

MONDAY	WEDNESDAY	FRIDAY
17-Jun	19-Jun	21-Jun
24-Jun	26-Jun	28-Jun
1-Jul	3-Jul	5-Jul
8-Jul	10-Jul	12-Jul
15-Jul	17-Jul	19-Jul
22-Jul	24-Jul	26-Jul



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