

Early Fall

GET YOUR BODY POWERED UP

KINGFIT

WITH MONICA

Sep 2 - Oct 25 (8 weeks)*
Mon/Weds/Fri 8:30 - 9:30am

\$25/TRAINING MEMBER

\$30/TRAINING NON-MEMBER

Fall 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.

(*) won't meet: 9/2 (Labor Day), 9/20, 9/23, 9/25, 9/27, 9/30, 10/2, 10/14 (Columbus Day)



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