

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

SATURDAY **YOUTH FITNESS**

4 WEEKS

SEP 14TH - OCT 5TH | AGES 5 - 11

**SATURDAY KIDS FITNESS (AGES 5+) W/LIV AT 9AM
ON THE TURF (FREE FOR MEMBERS \$20 FOR NON)**

**SATURDAY KIDS YOGA (AGES 5+) W/SARAH AT 10AM IN THE
DOWNSTAIRS STUDIO (FREE FOR MEMBERS \$20 FOR NON)**

**TUESDAY NIGHT GROUP TRAINING FOR TEENS W/JOE AT
6PM ON THE TURF (PAID PROGRAM FOR AGES 12+)**

Many Fitness offerings for our younger members this Fall!

Obstacle courses, box jumps,
tank pushes, running, light
lifting, core work & more!
Keep your kiddos moving this
summer with this constant-
motion fitness class, taught by
Joe and our new instructor
Liv! Liv is a senior at Plymouth
North HS & the Captain of the
Dance team...her energy
is amazing!

KingsburyClub.com



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 _____