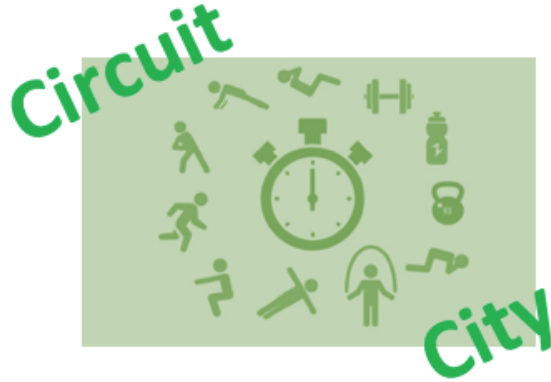




VALLEY
ATHLETICS
 TENNIS • TURF SPORTS • FITNESS

Circuit City



Who:

Adults looking for a mix of cardio and strength in 30 minutes

Where:

Valley Athletics - Synrgy 360,
 Warrior Area, PT Studio
 920-560-0001

Sessions (8 weeks):

Wed. Mar. 7 10:00-10:30am
 Wed. Mar. 14 10:00-10:30am
 Wed. Mar. 21 10:00-10:30am
 Wed. Mar. 28 10:00-10:30am
 Wed. Apr. 4 10:00-10:30am
 Wed. Apr. 11 10:00-10:30am
 Wed. Apr. 18 10:00-10:30am
 Wed. Apr. 25 10:00-10:30am

Cost: \$60.00

Minimum of 3 participants for session to run.

Register at the front desk of Valley Athletics. Registration deadline is February 28.

Information & Contact:

Jake Lyman
 jake.valleyathletics@gmail.com

This class is designed for the purpose of performing a 30-minute exercise session with the feeling that it felt like 15! With many different exercises, formats, and bouncing around like a pinball (figuratively speaking) you'll never feel bored.

Attacking the body with circuits so your body never feels a routine. You can expect circuits that include dumbbells, kettlebells, bosu/stability balls, cables, bands, machines and much more. It will focus on becoming stronger, toning the body, burn calories all with weight lifting and some cardio involved.

From beginners to advanced I hope to see you there!

All participants will get a free #Valleyathlete t-shirt as well!

Registration Form

 First Name Last Name Date of Birth (/ /) Phone Email

 Address City State Zip Code

Program Title: _____

Payment required at time of registration.

Method of Payment (Circle One): Cash Check Master Card Visa Member Account Amount Paid or Charged to Member Account \$ _____

 Credit Card # Exp.

WAIVER

I understand that acceptance of my registration is without assumption of responsibility of any kind by employees of Valley Athletics. In consideration of the acceptance of my registration, I do forever release and discharge the foregoing form any and all claims for damages; losses or injuries that I may suffer in connection with Valley Athletics, including those, which arise out of ordinary negligence.

 SIGNATURE DATE