



VALLEY
ATHLETICS
 TENNIS • TURF SPORTS • FITNESS

Strength of Steel



Who: Adults wanting to build Upper body strength & Core

Where:

Valley Athletics -Upstairs Fitness Area, using the Synrgy 360
 920-560-0001

Sessions (6 weeks):

Fri. Mar. 16	11:00-11:45am
Fri. Mar. 23	11:00-11:45am
Fri. Mar. 30	11:00-11:45am
Fri. Apr. 6	11:00-11:45am
Fri. Apr. 13	11:00-11:45am
Fri. Apr. 20	11:00-11:45am

Cost: \$67.50

Limited to a maximum of 6 participants/session. Minimum of 3 participants for session to run.

Register at the front desk of Valley Athletics. Registration deadline is March 9.

Information & Contact:

Jake Lyman
 jake.valleyathletics@gmail.com

Do you want to build true Core strength? Do you want to improve your golf game? Do you want to be stronger? Then this 6-week class is one you do not want to miss.

Building strength through the core will help in many positive ways. The potential to alleviate back pain issues, prevent injuries and reduce chronic injuries from reoccurring, protect your inner vital organs, improve your posture, and lastly an overall positive mood of "I just feel better".

*This program will have an emphasis on the upper body and core. No lower body. It is a great opportunity you won't want to miss. Plus after this class, no **kryptonite** is strong enough to take you down!*

Be the Superman/Superwoman you've always wanted!

All new 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