

# St. Clair Fitness Center

WORK OUT LIKE YOUR  
LIFE DEPENDS ON IT.  
BECAUSE IT DOES

Staying Fit Close to Home!

## Session 2 Fall 2013

# Class Registration Form

**All classes are open to drop ins; as long as space is available.**

\_\_\_\_\_ **Sunrise Boot Camp...** November 1st– December 20th

on Tuesdays and Fridays at 5:00-5:50 am.

\_\_\_\_\_ Both days \_\_\_\_\_ Tuesdays \_\_\_\_\_ Fridays

\$70 for nonmembers( both days) or free for St. Clair Fitness Center members

**TRX/ Kettle Bell Camp....** November 4th-December23rd on Mondays and Thursdays.

\$70 for nonmembers or free for St. Clair Fitness Center members. Limit of 9, so please register. 5:00am class, please commit to both days or find a partner to share the spot.

\_\_\_\_\_ 5:00-5:45am **REGISTRATION IS REQUIRED.**

\_\_\_\_\_ 5:45-6:30am

\_\_\_\_\_ **Holiday Challenge .....** November 17th– December 31st. Need an incentive not to gain the typical 5 plus pounds over the holidays. Weekly check ins and motivation. More details coming. \$10 members or \$20 nonmembers. Maintain your weight and your investment is returned (\$10) with chance to earn prizes.

**To see the complete class schedule go to [www.stclairfitnesscenter.com](http://www.stclairfitnesscenter.com)**

**For questions, call 340-5125 or email [stclairfitnesscenter.com](mailto:stclairfitnesscenter.com)**

Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_