

St. Clair Fitness Center



START YOUR CHANGE TODAY!

Fall 2013 Class Registration

___ Wednesday Night **TRX Express**, a 9 week class, held at 5:45-6-15pm .A fast passed strength training workout using suspension and your body weight for resistance. Modifications for all fitness levels. Limit of 9 in class. Registration not required but those registered received priority if class is full. \$30for nonmembers or free for St. Clair Fitness Center members.

___ Wednesday Night **Kettle Bell Express**, a 9 week class, held at 7:15—7:45pm.A fast passed strength training workout using Kettle Bells for resistance. Registration not required but those registered received priority if class is full. \$30for nonmembers or free for St. Clair Fitness Center members.

___ **Sunrise Boot Camp** September 10th– October 1st on Tuesdays and Fridays at 5:00-5:50 am.

\$70 for nonmembers or free for St. Clair Fitness Center members

TRX/ Kettle Bell Camp September 9th-October 31st on Mondays and Thursdays \$70 for nonmembers. Free for St. Clair Fitness Center members. Limit of 9.

___ 5:00-5:45am **REGISTRATION IS REQUIRED.**

___ 5:45-6:30am

To see the complete class schedule go to www.stclairfitnesscenter.com

For questions, call 340-5125 or email stclairfitnesscenter.com

Name _____ Birthdate _____

Address _____ City _____

Phone Number _____

Email _____