

St. Clair Fitness Center

you're only
ONE WORKOUT
away from a
GOOD MOOD

www.fitfacilities.com

Summer 2013 Class Registration Form

___ **TRX Basics**, a 4 week class, held Monday nights at 5:30-6-45. Modifications for all fitness levels. June 3, 10, 17, 24. Limit of 9. \$20 for nonmembers.

___ **Mindful Eating Group**, an 8 week support group based on Michelle May's book, *Eat What You Love, Love What You Eat*. Sundays Nights: June 9, 16, 23, 30, July 7, 14, 21, and 28th at 7:30-8:45. \$40 for nonmembers. I recommend purchasing the book and workbook at www.amihungary.com/books. Get past the diet mentality.

___ **Youth Summer Fitness**. Supervised hours at the fitness center for ages 12-17. Tuesdays and Thursdays from 12-2 pm.. June 4th—August 22nd. \$60 or free with family membership.

___ **Sunrise Boot Camp** July 9th— August 29th. Tuesday and Thursday at 5:00am. \$70 for nonmembers.

___ **TRX/ Kettle Bell Camp** July 8th— August 28th. Monday and Wednesday at 5:00am. \$70 for nonmembers. Limit of 9.

Name _____ Birthdate _____

Address _____ City _____

Phone Number _____

Email _____

Next section is for Summer Youth Program only.

Parent Signature _____

Health Concerns _____

Parent Phone Number _____