

Turn off the TV and computer. Get off the couch and get fit!

ST. CLAIR FITNESS CENTER

Staying Fit Close to Home

Youth Summer Fitness Special

What: Supervised summer hours at the fitness center for youth. Help will be available with using the equipment and setting up a fitness program.

When: Tuesdays and Thursdays from 12:00-2:00, starting June 4th through August 22nd.....not available the week of the 4th of July. Come on the days that work in your schedule.

Who: Ages 12-17

Cost: \$60 for the summer or free with family membership

Registration: Fill out attached form , along with the registration fee and mail to...



St. Clair Fitness Center

19947 607th Ave.

Eagle Lake, MN 56024

Or call Lisa at (507)340-5125

with questions

113 E. Main St
St. Clair, MN

Phone: 507-340-5125

E-mail:

stclairfitnesscenter@gmail.com

www.stclairfitnesscenter@gmail.com



Name _____ Birthdate _____

Address _____ City _____

Phone number _____ Parent day contact number _____

Email _____

Health concerns _____

I fully understand that all activities at St. Clair Fitness Center could result in injury caused by my child's actions or inactions or those of others. I fully accept and assume all risk and responsibility or losses and damages that incur as the result of my child's activities. I hereby release and hold harmless, St. Clair Fitness Center, and it's owners.

Parents Signature _____ Date _____