

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 Specials



Youth Fitness Class: A different planned workout each day.....games, time indoors and out.

When: Monday and Wednesdays from 1:30-2:30, June 9th –July 23rd. Meet at the Fitness Center

Who: Ages 11– 15

Cost: \$50 for 7 weeks or free with family membership

Independent Supervised Exercise: Supervised summer hours at the fitness center for youth.

Help will be available with using the equipment and setting up a fitness program.

When: Monday and Wednesdays from 2:30-4:30, starting June 9th -July 23rd.....Come on the days that work in your schedule. If youth could please text /let me know they are going to be coming, I will not be staying if I am not expecting any youth. Cell phone free time.

Who: Ages 15-17

Questions: Contact Lisa at 507-340-5125

Cost: \$50 for the 7 weeks or free with family membership

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

113 E. Main St
St. Clair, MN
Mailing:
St. Clair Fitness Center
19947 607th Ave.
Eagle Lake MN 56080

Phone: 507-340-5125
E-mail: stclairfitnesscenter@gmail.com
www.stclairfitnesscenter@gmail.com

Name _____ Birthdate _____

_____ Independent Exercise _____ Youth Fitness Class

Address _____ City _____

Youth 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 _____