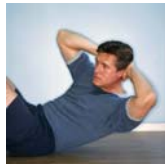


FitWell Studios Group Fitness Classes – Winter 2012 10-Week Session

PINE RICHLAND YOUTH CENTER



TUESDAY 9:30 AM BOOT CAMP

Join *FitWell Studios* fitness instructor for a high-energy class packed with fat-blasting exercises. This class is a great way to jump-start your fitness program. Now's the time to lose weight, increase your strength, and tone your total body!

FREE Boot Camp Class on Tuesday, 1/10/12, @ 9:30 AM
 Classes fill quickly, email info@fitwellstudios.com to secure your spot!

*WINTER 2012 SESSION, 10 WEEKS: TUESDAYS, 1/17/12 – 3/20/12

Early-bird discount cut-off date: Tuesday, 1/10/12 Standard Registration AFTER 1/10/12

*Register at the same time with a friend and both of you will get \$5 off your registration. Friend must be **NEW** to FitWell Studios.*

***PLEASE NOTE:** If the session has already started, registration will be prorated from STANDARD RATE.*

FRIDAY 9:30 AM PILATES

Join *FitWell Studios* Pilates instructor for an invigorating Pilates mat class. Pilates effectively targets the deepest muscles in the body to create a strong core, toned and sleek muscles, improved balance and coordination, and increased flexibility. Pilates is the best exercise for all fitness levels and is used as cross-training for many athletic activities such as golfing, cycling, and running.

FREE Pilates Class on Friday, 1/13/12, @ 9:30 AM
 Classes fill quickly, email info@fitwellstudios.com to secure your spot!

*WINTER 2012 SESSION, 10 WEEKS: FRIDAYS, 1/20/12 – 3/23/12

Early-bird discount cut-off date: Friday, 1/13/12 Standard Registration AFTER 1/13/12

*Register at the same time with a friend and both of you will get \$5 off your registration. Friend must be **NEW** to FitWell Studios.*

***PLEASE NOTE:** If the session has already started, registration will be prorated from STANDARD RATE.*

Registration Form for FitWell Studios Group Fitness Classes @ PRYC
Standard registration will be accepted in person the day of the first class.

Checks should be made payable to: FitWell Studios

Mail to: **FitWell Studios, 718 Parkwood Court, Wexford, PA 15090**

Please Note: **Refunds Are Not Given** If you have further questions, call FitWell Studios at 724-935-2220.

The participant and/or guardian of the participant acknowledges that he/she is physically able to participate in all physical exercises and/or activities provided by the class instructors and agrees that all exercise, activities and use of the facilities thereof are undertaken at the participant's own risk. FitWell Studios and FitWell Studios' instructor(s) shall not be held liable for any claims, injuries, demands, actions, or causes of action whatsoever, to the participant or to the property of the participant as a result of any uses of any facilities and/or services provided. The participant does hereby release FitWell Studios and FitWell Studios' instructor(s) from any accident or loss resulting from his/her own actions and those of fellow participants. In the event of an accident, the participant hereby consents to be examined at his/her own expense by a licensed physician who shall provide a written medical report to all parties involved as requested by FitWell Studios' management. Please remit this form with the registration and payment in full. **NO REFUNDS!** FitWell Studios reserves the right to cancel sessions or workshops due to insufficient enrollment, in the event that FitWell Studios cancels the session or workshop, all refunds will be issued within 7 days after the cancellation date.

I have read and understand the above waiver statement. I understand the potential risks involved in this program. I hereby consent to those risks and am freely and voluntarily participating in this program. Finally, I am freely signing this agreement as the participant and/or guardian of the participant.

Name: _____ Phone: _____

Email: _____

Address: _____

Signature of Participant or Guardian of Participant: _____

Check Program Choice and Applicable Registration:

<u>WINTER 2012 10- WEEK SESSION: EARLY-BIRD REGISTRATION</u> BOOT CAMP: ___ PRYC Member \$75 ___ Non-Member \$85 PILATES: ___ PRYC Member \$75 ___ Non-Member \$85	<u>WINTER 2012 10-WEEK SESSION: STANDARD REGISTRATION</u> BOOT CAMP: ___ PRYC Member \$89 ___ Non-Member \$99 PILATES: ___ PRYC Member \$89 ___ Non-Member \$99
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___ Deduct \$5 off by registering with a friend. **IMPORTANT NOTE:** Friend must be NEW to FitWell Studios.

Friend's Name: _____