

Been putting off starting to workout?

Need a new routine?

We have the answer.

PREMIER FIT

PSC's Adult Functional Training Program

- Open to adults of all fitness levels
- 45 minute small group sessions that combine strength & core training, conditioning and flexibility into one solid workout
- Each session is different and adds variety.
- **Build lean muscle (not bulk!), lose weight, increase energy, slow down the aging process, feel better about yourself!!**
- Fun & Challenging workout in a non-intimidating environment



Fall Special!
1 FREE WEEK
of training if
you register by
August 27th!

FALL Program Details

When: Mon. Sept. 5th - Wed. Dec. 15th (15 weeks)

Days: Monday/Wednesday 6:15-7:00pm

Tuesday/Thursday 8:30-9:15am

Cost: 1 day/week = \$15/session x 15 sessions = \$225

2 days/week = \$12/session x 30 sessions = \$360

(*Any missed sessions can be made up in the Winter session*)

**To Register or schedule your Free trial session, call
(330) 487-0810**

Premier Fit Program

Fall 2010

1. Please Complete the following:

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Would you like to receive our monthly e-newsletter Yes No

2. Class Days/Times

| | | | |
|----------------------|-----------------------|-------------------------|------------------------|
| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> |
| 6:15pm | 8:30am | 6:15pm | 8:30am |

3. Training Fees

1 day/week = \$15/session x 15 sessions = \$225

2 days/week = \$12/session x 30 sessions = \$360

Prorated/Discounted Amount _____ (if starting program after September 5th)

Training Fees _____

4. Select Method of Payment:

Cash Check Credit Card

For Credit Card Payments: Visa MasterCard Discover Amex

Credit Card # _____ Exp. Date _____

AGREEMENT AND RELEASE OF LIABILITY

I understand and am aware that Performance Training, including the use of equipment is a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risk of injury or death.

(Please Initial _____)

In consideration of being allowed to participate in the activities and programs of PSC and to use any facilities and equipment PSC provides in addition to the payment of any fee or charge, I do hereby waive, release, and forever discharge PSC from any and all responsibilities or liability from injuries or damages.

(Please initial _____)

TERMS AND CONDITIONS

1. Sessions are non-refundable.
2. Participants are asked to sign up for each session online, by calling the office or sending an email
3. All cancellations must be made 12 hours in advance. Failure to do so will result in being charged for the missed session.
4. Training days and times can be changed week to week; we ask that you call in advance to ensure there is space in the desired training sessions.
5. You will have the opportunity to makeup 2 missed sessions from the Fall program in the Winter 2011 session. Only 2 Sessions can be made up in the Winter 2011 session
6. The Fall program ends on Wednesday December 15th.

I understand and aware of all the terms and conditions as attested by my signature below:

Participant Signature

Date

4 Ways to Register

1. **BRING your forms the 1st training day**
2. **FAX them to 888-487-9905**
3. **CALL 330-487-0810 to register**
4. **MAIL to 9045 Dutton Dr, Twinsburg, OH 44087**