

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



**Spring Special!**  
**1 FREE WEEK**  
of training if  
you register  
by March. 19th!

### **SPRING Program Details**

**When:** Mon. March 22nd - Wed. June 9th (12 weeks)

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

Tuesday/Thursday 8:30-9:15am

**Cost:** 1 day/week = \$15/session x 12 sessions = **\$180**

2 days/week = \$12/session x 24 sessions = **\$288**

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

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

# Premier Fit Program

Spring 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 12 sessions = \$180

2 days/week = \$12/session x 24 sessions = \$288

Prorated/Discounted Amount \_\_\_\_\_ (if starting program after March 22nd)

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 Spring program in the Summer session. Only 2 Sessions can be made up in the Summer session
6. The Spring program ends on Wednesday June 9th.

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**