

W.O.W. Women on Weights



Mequon Elite Fitness

Women on Weights

This 4-week, 8 session program is for all women ages 18 & above, novice and experienced in fitness alike. Your experienced trainer will focus on proper form and participants will improve strength, stamina and muscle tone.

This small group training will integrate a variety of strength exercises into your current workout. Participants will learn how to use a variety of equipment including body bars, medicine balls, free weights, resistance bands, Bosu and stability balls. Directed by Vicki, an ACE certified Personal Trainer & Group Exercise Instructor.

Schedule at your own convenience.

Member \$69, Non-Member \$99

eliteclubs.com

2010 Elite Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Day phone _____

email _____ @ _____

Class / Dates _____

Total Fee _____

Elite Member? Home Club _____ Non-member Total Payment _____

(Non-members must pre-pay) Payment Type (circle 1) Elite Club Charge Check Charge Card VISA MASTERCARD
Card Number # _____ Exp. _____

Activity Code _____

Mequon Elite
11616 N. Port Washington Rd.
(262) 241-4250

Waiver: I hereby acknowledge and agree to the limitations, rules and regulations of the Elite Clubs. I hereby for myself and my heirs, executors, and administrators, waive and release any and all claims for damages I may have against the staff of Elite, their respective agents and sponsors, for any and all injuries suffered during my child's participation in this program. Furthermore I will be responsible for any and all damages caused by my child. (Waiver will need to be signed by Parent/Guardian at the club.)

Signature _____

