

# Core Dynamics



**Mequon Elite Fitness**



**Tuesdays & Thursdays,  
11:30 a.m. - 12:00 p.m.  
Session I February 9 - March 4  
Session II March 9 - April 1**

This small group training is designed to help tone, define, and strengthen the abdominal muscles while focusing on the entire core region, ie. the shoulder girdle through the hips. Join Luke Lewitzke, an ACE certified personal trainer, for this high intensity, half hour workout! Sign-up at the front desk at Mequon today, space is limited to 8 participants! 4 week program meeting 2x's per week \$64 members, \$96 non-members

**eliteclubs.com**

**Join Power Lunch Mondays & Wednesdays to compliment a core dynamics workout**

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**2010 Elite Registration Form**

**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 \_\_\_\_\_

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. \_\_\_\_\_

