# September 10th – October 20th 2012 (6-Weeks)

<table>
<thead>
<tr>
<th>E-mail Address*</th>
<th>Who do we thank for this referral?</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Name*</td>
<td>Last Name*</td>
</tr>
<tr>
<td>Home Tel.*</td>
<td>Cell Phone:</td>
</tr>
<tr>
<td>Date of Birth*</td>
<td>Gender*: Male □, Female □</td>
</tr>
<tr>
<td>Type of Client*</td>
<td>Returning Client □, First Time Participant □</td>
</tr>
</tbody>
</table>

## Step 1: Choose Package

### ENROLLMENT

**NEW YOUNG AT HEART**

<table>
<thead>
<tr>
<th>2X Per Week (TUE &amp; THURS)</th>
<th>$99</th>
</tr>
</thead>
</table>

### ENROLLMENT (ADULT)

**NEW MEMBER PROMOTION**

<table>
<thead>
<tr>
<th>(3-5X per week)</th>
<th>$99</th>
</tr>
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<table>
<thead>
<tr>
<th>1x per week</th>
<th>$75</th>
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<tbody>
<tr>
<td>2x per week</td>
<td>$120</td>
</tr>
<tr>
<td>3 – 5x per week</td>
<td>$120</td>
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*Limited to 1 class per day and up to 5 Group Fitness Classes Per Week

*6-Weeks

(Less than $5 per class)

## Step 2: Choose Class(es)

### ULTIMATE CARDIO

**MORNING**

- TUE 9:00 – 10:00 AM
- TUE 7:00 – 8:00 PM
- WED 5:45 – 6:45 PM

**EVENING**

- TUE 8:05 – 9:15 PM
- THURS 7:00 – 8:00 PM

### ULTIMATE CARDIO on the STABILITY BALL

**MORNING**

- MON 9:00 – 10:15 AM
- MON 5:45 – 6:45 PM
- MON 8:05 – 9:15 PM
- THURS 7:00 – 8:00 PM

**EVENING**

- WED 8:05 – 9:05 PM (GENTLE STRETCH)

### ULTIMATE CARDIO / GENTLE STRETCHING “Hybrid”

**MORNING**

- WED 9:00 – 10:15AM
- WED 8:05 – 9:05 PM

**EVENING**

- WED 8:05 – 9:15 PM
- THURS 8:05 – 9:15 PM

### CARDIO SCULPT

**MORNING**

- SAT 9:00 – 10:00AM
- TUE 8:05 – 9:15 PM
- THURS 8:05 – 9:15 PM

**EVENING**

- TUE & THURS 10:45 – 11:45 AM

*Fields Denoted by "**" are Required Fields

ALL classes welcome ALL LEVELS and are PERSONALIZED to help you achieve your own personal best!

Office Use Only

Please make checks out to HOMENETMEN

<table>
<thead>
<tr>
<th>Recvd By:</th>
<th>Cash □</th>
<th>Amount: $</th>
<th>Check: □</th>
<th>Check#:</th>
<th>Credit Card: □</th>
<th>Last 4 of CC#:</th>
<th>Payment Date:</th>
</tr>
</thead>
</table>

Ararat OH - Fitness