



Belmont PTA Fitness with Phil

As a former Bulldog, Phillip Durity, from Phil-N-Out Fitness, wants to start off the new school year by bringing Belmont Elementary it's very own Fitness Day! The kids will have a chance to come together to take part in physical challenges and obstacles where they rely on themselves and each other to build camaraderie.

Who: Anyone 2nd to 5th grade; all fitness levels
When: Thursday, September 23 from 4:00-5:00 PM
Where: On the upper field at Belmont
Cost: \$15 per participant

The past two years have been difficult for so many people and that includes kids. The overall goal of this event is to begin the new year on a positive note, teach the kids the importance of being healthy, to see their friends and to have a great time!

Phillip will be leading the kids through fun-filled fitness drills that will help them enhance their flexibility, reaction time, speed, balance, and footwork, but above all else: their confidence.

Two options to register:

1. Go to Phillip's MindBody page, create an account if you don't already have one, and register: <https://clients.mindbodyonline.com/classic/ws?studioid=289074&stype=-7&sTG=40&sVT=2026&sView=day&sLoc=0&sTrn=10000001&date=09/23/21>
2. Send payment via Venmo to @**Phillip-Durity** - include your child's name, your name and email address. Complete the release form below and e-mail or bring to the event.

Registration is welcome up until the time of the event

Parents/caregivers are welcome to stay during the class but it is not required. If you are unable to complete the release form online, one will be required prior to the start of the activity. As this is an outdoor activity, masks will be optional. Refund/cancellation will be allowed in the case of quarantine.

Any questions can be directed to:

Phillip Durity

www.philnoutfitness.com

philfit@philnoutfitness.com

240-246-6765

Phil-N-Out Fitness Waiver

Because physical exercise can be strenuous and subject to risk of serious injury you are urged to obtain a physical examination from a doctor before participating in any exercise activity. You agree that by participating in training activities, you do so entirely at your own risk. You further agree that you are voluntarily participating in these activities and assume all risk of injury, illness, or death. You acknowledge that you have carefully read this waiver and release of liability. You expressly agree to release and discharge Phil-N-Out Fitness and Phillip Durity from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action for personal injury or property damage.

Program Type: Description of Program: _____

Participants name (please print clearly): _____

Date: _____

Participant's signature _____

Parent/guardian signature (if needed) Date: _____