



JUNIOR FITNESS INSTRUCTION

Junior Fitness Instruction is a fitness program designed for kids 8 - 14

WINTER/SPRING
2017



JFI participants receive...

Knowledge of a proper workout program, club etiquette, nutrition, understanding of how the body works, development of exercise as a lifetime interest, access to the weight room & cardio room with parent supervision & a JFI t-shirt and ID Card.

Class size limited to 12 participants.

- Jan 14 - 16** (MLK Jr holiday)
11:00am - 12:30pm
- Feb 10 - 12**
Fri 4:30pm - 6pm
Sat & Sun 11am - 12:30pm
- Mardi Gras Break, March 1- 3**
11:00am - 12:30pm
- Easter Break, April 17 - 19**
11:00am - 12:30pm

JFI student: _____ Age: _____

Parents: _____ Acct #: _____

Home Address _____

Email Address _____

Phone Number: _____

Program Cost:
 \$125/members, \$157/non-mbrs
 Register at the Registration Desk
 _____ Account Charge
 _____ Credit Card \$_____ Cash
 _____ Check # _____

In consideration of being allowed to participate in Franco's Youth Fitness activities supervised by Franco's trainers and staff, and to use the facilities, equipment and machines of Franco's, I do hereby waive, release and forever discharge Franco's staff and FAC from any and all responsibilities or liability from injuries or damages resulting from my participation in any activities or machinery in the above activities. I do also hereby release all those mentioned and any other acting upon their behalf.

Signature of Parent/Guardian: _____ Date: _____