

# Signal Hill PTA



## Family Fit Night

Thursday, March 14<sup>th</sup>  
 6:00pm - 8:00pm  
 Admission is FREE!!!

**THIS IS NOT A  
 DROP OFF EVENT!!!**



**YOGA**



**Jiu Jitsu**



Hula Hooping



Come see former NFL Player Eric Unverzagt from the Seattle Seahawks.  
 He will be doing strength training.

Reservations are recommended. Please complete below and return **NO LATER than March 13<sup>th</sup>**.  
 Important Information: Please plan to arrive at the check in desk located by the gym at least 10 minutes before your scheduled session time. Also, please note that a parent or legal guardian must be in attendance for students to participate and all parents/legal guardians must sign a waiver at the event prior to student participation.

Name of Participants/ Teacher Name: 1. \_\_\_\_\_ 2. \_\_\_\_\_  
 3. \_\_\_\_\_ 4. \_\_\_\_\_

Please indicate your selections below. The choices are listed on the right.  
 Walks in welcomed on first come, first served basis.

6:00-6:20pm 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_ 3<sup>rd</sup> Choice \_\_\_\_\_  
 6:25-6:45pm 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_ 3<sup>rd</sup> Choice \_\_\_\_\_  
 6:50-7:10pm 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_ 3<sup>rd</sup> Choice \_\_\_\_\_  
 7:15-7:35pm 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_ 3<sup>rd</sup> Choice \_\_\_\_\_  
 7:40-8:00pm 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_ 3<sup>rd</sup> Choice \_\_\_\_\_

**Choices**

iGame4

Zumba

Jiu Jitsu

Hula Hooping

Yoga