



Ladies Fit Camp

3 SESSIONS FOR 4 WEEKS \$69.00

PLEASE PRINT

First Name _____ Last Name _____

Tel # _____ E-Mail _____ Birth Date ___/___/___

Emergency Contact _____ Emergency Phone _____

Times & Days (check one)

5:30am Mon Wed Friday

8:30am Mon Wed Friday

9:30am Tues Thursday

4:30pm Mon Tues Thursday

5:30pm Mon Tues Thursday

Must Pay in Full:

Cash Credit Card Check

Start Date: _____

Expires: _____

_____ I understand there is no refund or make up classes unless I have a doctor excusing me from exercising and I will be credited to my account for the next Fit Camp or Personal Training sessions.

Location: All Ladies Fit Camps will be held at Ladies Fitness and Health Club. Childcare is provided and free to all participants.

Who can attend? Ladies that want to Lose Weight or get Toned and Fit.

Average Results: Weight loss: 7 lbs, Body Fat Loss: 2%, Inches Lost: 15"

**** Assessment will be done on the first day of your Fit Camp****

For more information please contact us

E-mail: MyLadiesFitness@hotmail.com

Phone: 770-387-0827

Website: LadiesFitnessandHealth.com