

REGISTRATION FORM

Members & Non-Members Invited!

Rally For The Troops *FUNdraising Workouts!*

SPINNING

~ AND/OR ~



Where: Yang's Fitness Center

When: Sunday, March 6

What: A fundraiser to help veterans & their families attend the Run for the Troops 5k Dinner April 1. Proceeds benefit Run for the Troops 5k/Homes for Our Troops.

A \$25 donation/workout is requested.

FUNdraising Workout Schedule:

- #1: 7:00 - 7:55 am Spinning with Ben Limit 17
- #2: 8:00 - 8:55 am Basic Training Workout with Staff* Limit 12
- #3: 9:00 - 9:55 am Basic Training (25 min.) **plus** Spinning (30 min.) with Susan & Staff* Limit 17
- #4: 9:30 - 10:25 am Basic Training Workout with Staff* Limit 12



Each 55-minute session will be instructor/trainer led. Basic Training Workouts will be held on the gym floor and will include individual and team exercises. The workouts will be challenging; however, modifications will be provided.

* Staff will include: Tracy, Diana, Danielle, Susan & more!

Questions? Call 978.475.2020 or email: YangsAndover@aol.com ~ Thank you for supporting our troops!

Return Bottom Portion to Register ~ Space is limited!

Name: _____ DOB: ____/____/____

Phone: (____) _____ Email: _____

If non-member, please complete waiver at the Front Desk prior to or on the day of the fundraiser.

Are there any injuries, limitations or health concerns (use back if needed): _____

In case of an emergency, call (____) _____ ask for: _____

How did you find out about this event? _____

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- #4: 9:30 - 10:25 am Basic Training Workout with Staff*

Total # of Workouts: ____ X \$25 / Workout = \$ ____ Optional Additional Donation: \$ ____ Total \$ ____

If not sold out on the day of, you are invited to stay for additional sessions without a second workout donation.