

For Boys & Girls ~ Ages 8 to 12 & 13 to 16

Strength Training

with Trainer Jamey Lachiana



Benefits include:

- ✓ Increased strength & muscle tone while burning calories & fat
- ✓ Release of strain on joints resulting from growing pains & inflexibility
- ✓ Increased spacial awareness & agility for general fitness and for any sport.

Learn proper form, breathing techniques and appropriate repetitions for exercises, some of which can be performed at home.



For more info about Jamey, visit our web site.

January 2012 Session: 45 minute sessions, 4 weeks, Max. per class is 6

Ages 8 - 12:

- **Tuesdays, 3:45 PM, Jan. 10 - Jan. 31**
- **Thursdays, 3:45 PM, Jan. 12 - Feb. 2**

Ages 13 - 16:

- **Wednesdays, 3:00 PM, Jan. 11 - Feb. 1**

Session will be medium to high intensity workouts & adjusted based on group's ability.

Register for one or more!



5 Dundee Park ~ Andover, MA ~ 978.475.2020 ~ www.YangsFitnessCenter.com

Return this portion with payment to register.

Strength Training for Boys & Girls

Each session is 4 weeks, once/wk.

Ages 8-12:

- Tues. Jan.10 - Jan.31** **\$ 79**
- Thurs. Jan. 12 - Feb. 2** **\$ 79**

Ages 13-16:

- Weds. Jan. 11 - Feb. 1** **\$ 79**

Register for more than 1 class in the January 2012 session and save:

Each Session ... \$72.50 x = \$
of classes Total Due

Name: _____ Birthdate: ___/___/___

Address: _____

City: _____ State: _____ Zip: _____

Phone: (_____) _____ Email: _____

Emergency phone: (_____) _____ ask for: _____

Any injuries or health concerns? _____

How did you find out about this course? _____

Goals you would like to achieve: _____

RELEASE & WAIVER OF LIABILITY

In consideration of services to be rendered or received on these premises, the undersigned hereby releases and forever discharges Bodies In Motion, Inc. d/b/a Yang's Fitness Center & Yang's Martial Arts (Yang's), its heirs, successors, administrators and assigns from any and all actions, cause of actions, liability, claims and demands upon or by reason of any damage, loss, injury or suffering known and unknown which may be sustained by student(s) named below in connection with and in the course of receiving training and techniques on these premises, from the instructor or instructors, staff, official or employees of this association or any fellow students on the premises in connection therewith and within the course of taking training or lessons for the purpose designed in this application. He/She hereby waives all his/her rights to claims, actions, cause of action, demand for suit of loss, injury, damage, or suffering sustained on the part of Yang's. As a precondition to admission, the undersigned represents that the participant is physically fit to participate in such training and techniques offered at Yang's.

Parent/Guardian Signature: _____ Date: ___/___/___

This is a small group course. Max. number per class is 6, min. 4. Non-refundable, non-transferable. Any refunds subject to a 10% admin. fee.

*For course only, does not include gym membership.