

NEXT LEVEL FITNESS CENTER
SPEED & CONDITIONING
WINTER SPORTS CLINICS
START JANUARY 5, 2009

CLINIC HIGHLIGHTS

- Improve Speed & Agility
- Functional Training
- Individualized Instruction
- Stay in Top Condition
- Certified Strength Coaches
- Improve Vertical Jump
- Increase Flexibility
- Reduce Risk of Injury

8 Week Training Cycles 3-5 days per week \$249.00

FREE T-Shirt to first 20 registrants
Must receive entry forms by DECEMBER 29th

MAIL TO: Next Level Fitness Speed & Conditioning
35 Village Plaza Way, North Scituate, RI 02857

CHECKS PAYABLE TO "Next Level Fitness" \$249.00 (non-refundable)

Name: _____ Sport: _____ School: _____

Address: _____ Age: _____

Address: _____ Tel: _____

Emergency Contact: _____ Tel: _____

List Preferred Training Days & Times: _____

The program coaches and staff are not responsible for accidents resulting in medical, dental or other expenses. Participants are responsible for property damage and may be sent home without refund for violation of Center rules. I certify that the Participant is in good physical condition to take part in the program. I grant, Next Level Fitness and its agents, permission to seek medical attention for the Participant if, in their judgment, such attention is warranted.

Parent/Guardian Signature: _____ Date: _____

Medical Insurance Company: _____ Number: _____

Participant's Level: (Check One) Beginner _____ Intermediate _____ Advanced _____