

WINTER 2020 REGISTRATION FOR FITNESS 50+

**Maple Grove United Church
Runs from January 6 – April 8**

Name (First & Last):

Address (Street, City, Postal Code, Appt and/or Unit #):

Email Address:

Phone Number:

Emergency Contact (name, number & relations):

Class Selection

Please indicate with an X for your choice(s).
(Prorated for midseason registration – please contact for rate.)

Mondays **Total Body Workout** from 9:15-10:15am in the Friendship Room
Cost: \$91 for 13 weeks or \$10/class for drop ins.
Start date Jan 6 – April 6. No class Feb 17 for Family Day.

Mondays **Sit Fit** from 10:30-11:30am in the Friendship Room
Cost: \$91 for 13 weeks or \$10/class for drop ins.
Start date Jan 6 to April 6. No class Feb 17 for Family Day.

Wednesdays **Total Body Workout** from 9:15-10:15am in the Friendship Room
Cost: \$98 for 14 weeks or \$10/class for drop ins.
Start date Jan 8 – April 8.

Friday **Total Body Workout** from 9:15-10:15am in the Friendship Room
Cost: \$91 for 13 weeks or \$10/class for drop ins.
Start date Jan 10 to April 3. No class April 10 for Good Friday.
Classes on Feb 28, Mar 6 & 13 will start at 9:30am

Payment Options

Please indicate with an X for your choice.

Cash – exact please if you are paying with this option.

Cheque
Fitness: Please make it out to Maple Grove United Church

Additional Info:

Please bring your form and payment with you to your first class.

Leah Nicoletta Fitness & Yoga Instructor: 905-580-1457 or leah@healthyfinish.com

Beverly White Fitness Instructor: 905 631-2898 or bwhite@bell.net

Thank you so much for your interest and ongoing support with running these classes.
All profits from the exercise classes go directly to the church.

