



JULIE'S FIT NESS STUDIO

TO INSPIRE, MOTIVATE & CREATE A BETTER YOU

WWW.JULIESFITSTUDIO.COM



2017 Summer Kids Athletic Training Program

No matter what sport you compete in, consistent training is important to keep the body active throughout the off season. This 8 week program will help your athlete by focusing on: core strength, muscle tone, and running stamina. This is a great supplement to the River Runners program.

The first half hour of each session will focus on running speed, endurance, and hill work. The second hour we will be working in the studio on plyometrics, core strength, and over all body toning.

For boys and girls from 5th through 12th grades.

\$120 per child

*must pay in advance to reserve spot....if your child will miss a week due to vacation subtract that week off of total.

Ways to pay.....stop by the studio or mail a check to:

Julie Westenfelder
4623 Lakeside Drive Apt #3208
Maumee, Ohio 43537



*****limited to the first 50 registered

When: Every T/TH starting June 6th running thru July 27th
9:00 – 10:30 a.m.

Where: Julies Fitness Studio
6763 Providence St.
Whitehouse OH 43571

Contact: Julie Westenfelder
Phone: 419-350-7426
E-mail: juliesfitstudio@gmail.com

Cut here- Entry form may be photocopied- please print legibly

Name: _____

Phone Number: _____

Address: _____

City/State/Zip: _____

Sex: (Circle) M F **Age:** _____

Date of Birth: _____

Shirt Size: (circle) YS YM YL XS S M L XL 2XL

Amount Enclosed: _____

Email Address: _____

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors and administrators waive and release all rights for claims and damages I might have against Julie's Fitness Studio, sponsors, and all related parties for any injury or damage resulting from participating in the above event. I am in proper physical condition to participate in this event.

Signed: _____ (Parent or Guardian if under age 18) **Date:** _____