



JULIE'S FIT NESS STUDIO

TO INSPIRE, MOTIVATE & CREATE A BETTER YOU

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2019 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 7 week program will help your athlete by focusing on: core strength, muscle tone, and running stamina.

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

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

\$130 per child

*must pay in advance to reserve spot...if your child will miss any sessions due to vacation subtract that session off of the total. (\$10 per session)

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

Julie Westenfelder
2332 Willesden Green Rd
Toledo, Ohio 43617

*****limited to the first 30 registered



When: Every T/TH starting June 11th - July 25th
9:00 – 10:15a.m. *No class July 4th

Where: Julie's 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: _____

Waiver/Photo/Video permission.....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. I also give permission for my child to be photographed for future JFS events.

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