



# JUMP START



**Sept. 14 – Nov. 4**

"Jump Start" your work-out routine by trying a new program that will kick things up! Jump Start will be 45 minutes of high intensity, outdoor conditioning. Lead by one of our personal trainers, this program will apply a combination of body weight exercises, running and plyometrics, offering the participant a total body workout.

**Day:** Tuesday & Thursday

**Time:** 9:15 – 10:00am

**Fee:** Members ~ \$145 or \$13 per class

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**Jump Start**

**Fall '10**

**Sept. 14 – Nov. 4**

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Member:** Y N **Amount Pd:** \_\_\_\_\_ **Check#:** \_\_\_\_\_

**I hereby certify that I, the undersigned, am aware of the strenuous nature of this activity and its inherent dangers and have consulted with my physician before beginning this class:** \_\_\_\_\_