


Health & Wellness Spring 2009

January 19-May 1



CLASS	COST	DAYS	TIME
<input type="checkbox"/> Toning	\$50.00	T & Th	12:15
<input type="checkbox"/> Rock Bottom	\$50.00	M & W	12:15



CLASS	COST	DAYS	TIME
<input type="checkbox"/> Boot Camp	\$30.00	M	4:45
<input type="checkbox"/> Yoga	\$84.00	W	4:45

**Join Both Toning & Rock Bottom
for only \$75.00!**

**Join Both Boot Camp & Yoga for
only \$100.00!**

Workshops/Presentations

	DATE	Time	Cost
<input type="checkbox"/> Weight Watchers /Momentum 12 week session (discount for returning participants) *payment made directly to Weight Watchers	1/22-4/9	1:00pm-2:00pm	\$120.00
<input type="checkbox"/> The Chocolate Lunch Enjoy a taste of chocolate in every bite during this tasteful nutrition workshop on the health benefits of chocolate.	2/18	12:00pm-1:00pm	\$6.00
<input type="checkbox"/> Sit up Straight; an Ergonomics Workshop This enlightening workshop about the benefits of arranging the work environment to fit the person in it. Participants will learn tips and strategies to help them better enjoy their work space.	3/18	10:00am-11:00am	FREE

Please enclose check with registration form. All checks can be made payable to King's College

Release & Medical Consent: I agree to the above names person's participation in King's College's Health and Wellness Programs, and waive, discharge, and forever hold harmless King's College, its officers, directors, employees and all other liabilities, claims, cause, damages or demands resulting from participation in usage of equipment, or participation in classes. In event of an emergency, I authorize that medical attention be administered to the participant names above.

King's College recommends that you check with your physician before beginning any workout program

Print Name _____

Signature _____ Date _____

Phone/ Emergency Phone _____

Signature of parent or guardian if under 18 years of age. _____ Date _____