

Group Training



Personalized attention in a group setting

SAVE with our new summer rates:

\$195 Members

\$234 Non-members

- Meet twice a week for 5 weeks, 10 one-hour sessions
- Training groups available every day of the week.
- On-going registration at Fitness Desk
- Body composition evaluation – before & after
- Nutrition evaluation/recommendations

Contact Julie Daly for more information

julie@kingsburyclubmedfield.com or 508-906-1017

Registration Form - Team Training Challenge

Participant _____ DOB _____ Member No. _____

Parent/Guardian _____

Address _____

Phone _____ Email _____

Emergency Contact _____ Phone _____

Member Type: Member Non-Member

Payment: House Charge (members only)

Credit Card Type/Card Number _____ Exp.Date _____

Training Preference: Day _____ Time _____

The Kingsbury Club reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Signature: _____ Date _____

Parent's Signature: _____ Date _____