



SCHEDULE 2012

March 13 - June 30

DAY	TIME	PROGRAM	INSTRUCTOR	Date	LOCATION
MONDAY	6:00-7:00AM	TRX BOOTCAMP	Karen		Just for You Wellness Studio
	9:15-10:15AM	ZUMBA TONING	Karen		Just for You Wellness Studio
	10:30-11:30AM	YOLATES	Karen		Just for You Wellness Studio
	4:45-5:45PM	TRX BOOTCAMP	Karen		Just for You Wellness Studio
	5:45-7:00PM	KUNDALINI YOGA	Karen		Just for You Wellness Studio
	7:00-8:00PM	ZUMBA	Elena		Just for You - Colebrook
TUESDAY	6:00-7:00AM	EARLY RISERS BOOTCAMP	Karen		Just for You Wellness Studio
	9:15-10:15AM	ZUMBA	Karen		Just for You Wellness Studio
	10:30-11:30AM	Privates	Karen		Just for You Wellness Studio
	5:00-6:00PM	PILATES MAT 1-2	Karen	April 3-June 5.	Just for You Wellness Studio
	6:00-6:45PM	DANCE BODY BOOTYCAMP	Morgan	March 13-May 28.	Just for You Wellness Studio
	7:00-8:00PM	YOLATES	Pearl		Just for You Wellness Studio
	7:00-8:00PM	ZUMBA	Daniela		Just for You - Colebrook
WEDNESDAY	6:00-7:00AM	TRX BOOTCAMP	Karen		Just for You Wellness Studio
	10:30-11:30AM	VINYASA FLOW YOGA	Anne		Just for You Wellness Studio
	4:45-5:45PM	TRX BOOTCAMP	Karen		Just for You Wellness Studio
THURSDAY	6:00-7:00AM	EARLY RISERS BOOTCAMP	Karen		Just for You Wellness Studio
	9:15-10:15AM	ZUMBA	Morgan		Just for You Wellness Studio
	10:30-11:45AM	Privates	Karen		Just for You Wellness Studio
	6:45-7:45PM	YOLATES	Pearl		Just for You Wellness Studio
	8:00-9:00PM	VIDEO VIXEN DANCE	Kayla	March 15-May 31.	Just for You Wellness Studio
	7:00-8:00PM	ZUMBA	Karen		Just for You - Colebrook
	8:00-8:45PM	DANCE BODY BOOTYCAMP	Karen	March 15-May 31.	Just for You - Colebrook
FRIDAY	6:00-7:00AM	TRX BOOTCAMP	Karen		Just for You Wellness Studio
	9:15-10:15AM	ZUMBA TONING	Karen		Just for You Wellness Studio
	10:30-11:30AM	YOLATES	Karen		Just for You Wellness Studio
	4:45-5:45PM	TRX BOOTCAMP	Karen		Just for You Wellness Studio
	6:00-7:00PM	ZUMBA	Anne		Just for You Wellness Studio
	SATURDAY	7:00-8:00AM	EARLY RISERS BOOTCAMP	Karen	
8:10-9:10AM		YOLATES	Pearl/Karen		Just for You Wellness Studio
9:20-10:20AM		HATHA/ASHTANGA YOGA	Spenser/Fay		Just for You Wellness Studio
10:30-11:30AM		ZUMBA	Daniela		Just for You Wellness Studio



Registration Form Group Fitness and Personal Training Packages

Contact Information (PLEASE PRINT)

First Name:	Registration Date:
Last Name:	Home Phone:
Address:	Cell:
City:	Email:
Postal Code:	Birthday:
Medical Information:	

Zumba/Yoga/Yolates Packages

Twelve Month Membership	Monthly Rate	
<input type="checkbox"/> Unlimited Zumba	\$39.00	
<input type="checkbox"/> Unlimited Yoga/Yolates	\$39.00	
<input type="checkbox"/> Unlimited Zumba/Yoga/Yolates	\$59.00	
Contract and commitment to fitness for 12 months.		
Six Month Membership		
<input type="checkbox"/> Unlimited Zumba	\$49.00	
<input type="checkbox"/> Unlimited Yoga/Yolates	\$49.00	
<input type="checkbox"/> Unlimited Zumba/Yoga/Yolates	\$69.00	
Contract and commitment to fitness for 6 months.		
Three Month Membership		
<input type="checkbox"/> Unlimited Zumba	\$59.00	
<input type="checkbox"/> Unlimited Yoga/Yolates	\$59.00	
<input type="checkbox"/> Unlimited Zumba/Yoga/Yolates	\$79.00	
Contract and commitment to fitness for 3 months.		
Month to Month Membership		
<input type="checkbox"/> Unlimited Zumba	\$69.00	
<input type="checkbox"/> Unlimited Yoga/Yolates	\$69.00	
<input type="checkbox"/> Unlimited Zumba/Yoga/Yolates	\$99.00	
Pay monthly. No contract.		

Bootcamp/TRX Bootcamp Packages

Bootcamp/TRX Bootcamp Packages	Monthly Rate	
<input type="checkbox"/> 2 classes/week	\$109.00	
<input type="checkbox"/> 3-5 classes/week	\$119.00	
Minimum 3 month contract required.		

Personal Training Packages*

Personal Training Packages	Monthly Rate	
<input type="checkbox"/> 5 Session Package	\$269.00	
<input type="checkbox"/> 10 Session Package	\$529.00	
<input type="checkbox"/> 20 Session Package	\$999.00	
Minimum 2 month contract required.		

Registration Fee**	\$25.00
Subtotal	
HST	
Total	

Payment Method

Cheque** Post-dated Cheque(s)** Cash

*If you are interested in personal training please call Karen Sydenham for your FREE one hour consultation (a \$75.00 Value) at 604.612.7538 or email info@just4youwellness.com.

How did you find us?
<input type="checkbox"/> Friend <input type="checkbox"/> Newspaper Ad <input type="checkbox"/> Google <input type="checkbox"/> Facebook <input type="checkbox"/> Twitter

*Cancellations and appointment changes may be made to personal training session without charge as long as a clear 24 hours notice is given. For any cancellation or appointment change made with less than 24 hours notice, however, the full fee is payable.

**All members are required to fill out a registration form and pay an annual \$25.00 Registration Fee.

***Please make cheques and post-dated cheques out to Just for You Wellness Studio. All monthly packages require post-dated cheques at the time of the registration for the duration of the contracts signed.



Address: 6195-136 Street, Surrey, BC
Phone: 604.612.7538
Website: www.just4youwellness.com
Email: info@just4youwellness.com

Just for You Wellness Studio (JFY) Personal Training and Group Fitness Waiver

"I, _____, have enrolled in a program of strenuous physical activity including, but not limited to, traditional aerobics, resistance and weight training, Yoga and Pilates, and I recognize that I will be utilizing a variety of equipment while working with trainers at Just for You Wellness Studio (JFY). I hereby affirm that I am in good physical condition and do not suffer from any disability or injury that would prevent or limit me from participating in this exercise program.

In consideration of my participation in training sessions run by JFY, for myself or my heirs and assigns, I hereby release JFY, from any claims, demands and caused of action arising from my participation in this exercise program.

I fully understand that I may injure myself as a result of my participation in group fitness training sessions, and I, _____, hereby release JFY or any trainers provided by JFY, from liability now or in the future, including but not limited to, heart attack, breathing emergencies, bone/joint and soft tissue injuries, back strain or foot injuries, or any illness, soreness or injury however caused while participating in this program, or afterward.

Signature of Client: _____

Date: _____

****I hereby affirm that I have read and fully understand the above conditions****

Signature of Parent: _____

Date: _____

Signature of Witness: _____

Date: _____