



## Fall Ultimate Fitness Class

With Ty Cardwell



Ty encourages men and women who are at the beginning of their quest for a better fitness level and to lose body fat to begin with the fitness classes. These classes are highly motivating, very social, and encouraging. They are the most positive atmosphere of any group classes that I have seen. You will feel the energy from this class just by watching how Ty interacts with the class and how everyone responds to him. This class will help you Improve your Endurance & Strength, Reduce Body Fat & Lose Weight, Increase Muscle Tone, and Gain more Energy.

**Stonebridge United  
Methodist Church**

**Monday, Wednesday,  
& Friday**

**5:30am-6:30am**

**\$160 – 12 sessions**

**Class Starts 12/5/11**

**Class Ends 1/6/12**

**For Questions Contact:**

Michele Cardwell

director@cardwellfitness.com

469-247-2684

**Make Checks Payable to:**

Cardwell Fitness

1108 Shaker Run

McKinney, TX 75069

### Mail in Registration Form

Name: \_\_\_\_\_

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

City: \_\_\_\_\_, TX Zip \_\_\_\_\_

Contact Phone: \_\_\_\_\_

Contact Email \_\_\_\_\_

### Release of Liability

I understand and am aware that strength, flexibility, agility, and aerobic exercise can potentially lead to injury.

I also understand that fitness activities of any kind involve a risk of injury and even death, and that I am voluntarily participating in these activities with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death and release Cardwell Fitness from any liability associated with these risks.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

\*Client Must Sign before you can participate

**Session Cost: \$160.00**

**Payment required in FULL  
before 12/2/11**

**There will be a \$10 LATE FEE  
if payment is not received by  
12/2/11**

Things **REQUIRED** for Class:

- 1 pair of dumbbells
- Aerobic Mat
- Water
- Jump Rope

**NO REFUNDS OR MAKE-UP'S**