

K G FITNESS LLC

BOOT CAMP Class

If you want to tone up, lose weight, stay in shape, or increase your energy level this is for you!

Invest in your health.

Boot Camp Workout:

Circuit style workout consisting of strength, core, & cardio exercises

Boot Camp SESSIONS:

Tuesday/Thursdays from 6:30pm – 7:30pm

Space is **limited** so reserve your spot today!!

Punch Cards are \$125 for 10 classes

Location:

Bendheim Western Greenwich Civic Center
449 Pemberwick Rd. Greenwich, CT 06831
(2nd Floor Aerobics/Fitness room)

Kelly Garofalo

National Academy of Sports Medicine (NASM) Certified Personal Trainer
Manager of K G Fitness LLC

Phone: (203)-253-6719

Email: KGFitnessLLC@gmail.com

Twitter/Instagram: @thefitskool

Blog: www.thefitskool.com

BOOT CAMP REGISTRATION FORM
K G Fitness LLC

NAME: _____ DATE: _____
HEIGHT: _____ in. WEIGHT: _____ lbs.
DATE OF BIRTH: ____/____/____ AGE: _____
PHONE: _____
EMAIL: _____
EMERGENCY CONTACT & PHONE #: _____

I wish to register for:

- ☐ Month Registration
- ☐ Tuesdays only
- ☐ Thursdays only

Please complete and return with your payment by the first of each month
If paying by check, please make payable to **K G Fitness LLC**

Medical History:

Have you ever had any pain or injuries (ankle, knee, hip, back, shoulder, etc.)? (If yes, please explain.)

Have you ever had any surgeries? (If yes, please explain.)

Has a medical doctor ever diagnosed you with a chronic disease, such as coronary heart disease, coronary artery disease, hypertension (high blood pressure), high cholesterol or diabetes? (If yes, please explain.)

Are you currently taking any medication? (If yes, please list.)

Signature: _____ Date: _____