

Registration Form: BFit's Fall 2022 Programs - Start the Week of September 11, 2022
Ends Saturday November 19, 2022

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ E-Mail _____

Date of Birth _____ Est. Weight _____ Height _____

Please choose your Program and Training location-10 Weeks

BFit's Red Carpet Ready For Life Total Body Total Life Transformation is \$425

This is all our All-New Flagship Program where we learn to eat, exercise, and live in a way to achieve ultimate health to look and feel our BEST FOR LIFE! *Includes-Trail Quest and so much more (see flyer). A Great Way to get in shape and look great for the holidays!! It's a wonderful investment in your health and your future!*

BFit's Workouts PLUS Trail Quest is \$290.

Includes all 2-3 Live Workouts Per Week and 3-Online FB Workouts Per Week & Trail Quest.(see below) This also includes a private FaceBook Page.

BFit's Workouts Only: is \$240.

Includes: 2-3 Live Workouts Per Week and 3-Online FB Workouts Per Week plus a private FaceBook Page

BFit's Workouts Only Online: is \$205

Includes 3-Live Online Workouts/Week & Private FaceBook Page

BFit's Trail Quest Only: price is \$170

Includes: BFit's Rail Trail 10K, Conquer the Pinnacle (9 miles) and/or French Creek HST (17 miles), and the addition of the Big Kahuna (the Blue Marsh Beast 25-Oct 15), plus private FB page, and training mileage Challenges and hiking outings

BFit's Personal Training: \$50/hr

Anne Hess can come to you and will bring any equipment needed or you can go to her studio

Choose Your Location-BFit's Red Carpet Ready Program and Workouts Only

Adamstown YMCA Tuesdays and Fridays 5:30 – 6:30 AM

71 E, Main Street Adamstown, PA 19501

Antietam Rec Center and or Pool Wednesdays 6:30 – 7:30 PM and Every Saturday 7:30 – 8:30 AM

905 Byram Street, Reading, PA 19606

Online Only Weekly Monday / Wednesday / Thursday 6:00 – 6:30 AM on our Private FaceBook Page

Payment Plans and Memberships are available upon request: Please email anne@bfitnow.net

Payment Type (circle one): Cash or Check or Venmo Anne-Hess-82488

Signature _____ and Date: _____

Please make checks payable to BFitNow.

For Office Use Only

Amount Paid: \$ _____

Cash _____ Check# _____ Date Paid _____

Mail Payment to: BFitNow/Anne Hess, 5040 Pine View Drive, Mohnton PA 19540 or Venmo Anne-Hess-82488