

Exercise Classes

ZUMBA

Wednesday 10-11AM

Starting 9/18 and ending with class on 11/6

The feel happy workout that will help melt away pounds. Tone and trim with high energy moves, great music and a Professional Zumba Certified Instructor that will help you have fun and get results no matter what your fitness level. Instructed by Susan Lephart (PhD Exercise Physiology/Sports Medicine, Zumba Certified)

Comfortable workout attire, water bottle, towel and athletic shoes (not running shoes) are suggested.

CARDIO SCULPT

Thursday 6—6:45PM

Starting 9/19 and ending with class 12/5
(No class 10/3 or 11/28)

Just like one of the original aerobic classes, but better! Our dynamic instructor will lead you through full body exercises and stretches, including low impact stepping, which will help you tone and condition while burning calories and losing fat. Fun, results and great music for all fitness levels. Instructed by Lydia Giovengo.

Comfortable workout attire and a yoga/exercise mat are suggested. For a more intense experience you may wish to bring hand weights for your use.

YOLATES

Saturday 8—9AM

Starting 9/14 and ending with class on 11/23
(No class 10/5)

A powerful mix of Yoga and Pilates to improve core strength, flexibility and balance. A smooth and effective style of exercise for all fitness levels. Strengthen, tone and rejuvenate with the creator and instructor of this class, Angie Grove

Comfortable workout attire and a yoga mat are required.

Registration Form

\$60 Member/\$70 Non Member per Session for Cardio Sculpt and Yolates (10 week session)

\$48 Member/\$56 Non-Member for Zumba (8 week session)

Early Registration is suggested due to class size limitations.

Walk in Fee \$9 per class. (If space available and payable prior to class)

You may register either in person, by phone or by mail. Registrants will automatically enrolled in the program for which they are registered unless you are contacted by us.

Name _____ Email _____

Address _____ City _____ Zip Code _____

Phone # _____ Emergency contact (name/phone #) _____

Registering for Zumba Cardio Sculpt Yolates Total Amount Paid \$ _____

Make checks payable to Cuts Fitness

OR Charge my credit card:

Credit Card Number _____ Credit Card Expiration Date (xx/xxxx) _____

OR As a member of Cuts Fitness please charge the account on file upon receipt of this form

WAIVER: By my signature below I recognize that an examination by a physician should be obtained prior to involvement in any exercise program. I acknowledge and agree that I assume the risks associated with any and all activities and/or exercises in which I participate. I release, discharge and hereby hold harmless Faith & Fitness Inc., this facility, its respective agents, heirs, assigns, contractors, and employees from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation including any injuries resulting there from.

Signature _____ Date _____

Cuts Fitness
30 minute gym

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