



FITNESS CHUG REGISTRATION 2020/2021

Name of participant: _____

Address: _____

Date of Birth: _____

Grade entering September 2020: _____

Participant's e-mail Address: _____

Participant's cell phone number: _____

Home phone number: _____

Parent's e-mail address: _____

Parent's cell phone number: _____

Please circle chug day and time: Monday/Wednesday 5:30pm or 6:30pm

Please list any previous experience in fitness, sport or exercise:

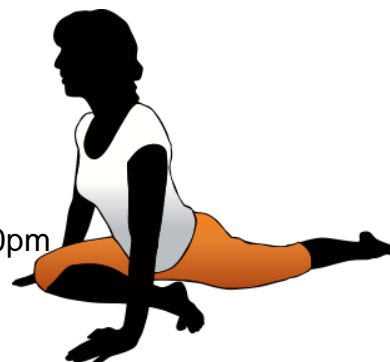
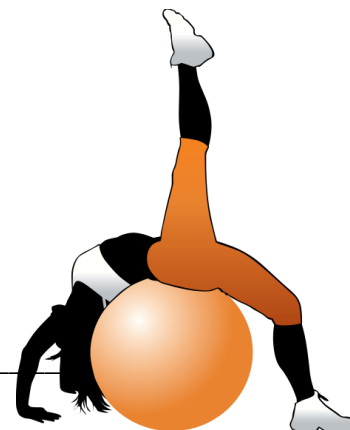
How do you rate your skills entering this class- Beginner, intermediate or advance?

Do you have any health issues that prevent you from doing some exercise? If so what?

I consent to the use of photos and/or video of my child taken at the chug to be used for promotional purposes.

Participant's signature

Parent's signature

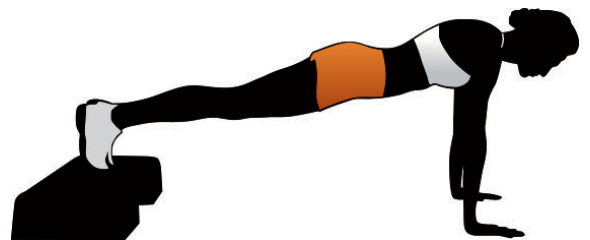




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- The goals of the Fitness Chug will be to strengthen our muscles and bones, tone our bodies and increase our metabolism while learning the techniques and proper form of various exercises using weights and body resistance. We include cardio workouts by occasional outdoor jogging and workouts at the track! This class will help to keep our bodies in a healthy condition all year long, thereby increasing our self- confidence and self esteem. Of course, we will have a PARTY in the process!
- For as long as necessary, classes will take place **OUTSIDE** on Monday and Wednesday evenings at 5:30pm and at 6:30pm. First class will begin on Monday, September 7th, 2020 at 5:30pm on Rechov Yosef 4. (Corner of Naftali)
- 50nis registration fee due with this form. (Paybox or Bit is fine)
- Please provide 10 checks payable to me dated the first of the month (September to June) for 165NIS per month. If for **any** reason you cannot continue, all checks will be returned starting with the following month. Paybox and Bit are also accepted at the beginning of each month. If payment is after the 7th of the month, cost is 180nis.
- You will be asked to provide a doctor's ishur and sign the liability waiver when classes start.
- At the end of the year I will ask for a 35nis fee to cover part of the costs for our year end party and chug t-shirts.
- If you have any questions, please feel free to call me- 052-303-3356. Even more during these crazy times, I'm looking forward to a healthy and fit year.

Sherrill Kaye





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