

AMERICAN HEALTH AND FITNESS

FUN AND AFFORDABLE FITNESS CLASSES

7 week session begins W 3/11 and M 3/16

REGISTER FOR CLASSES TODAY!

Check off classes you will attend

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Instructor</u>	<u>Fee</u>
<input type="checkbox"/> ZUMBA	M	6:00 PM	Holmes	Kristen	\$42
<input type="checkbox"/> PILATES / MAT	M	7:00 PM	Holmes	Kristen	\$42
<input type="checkbox"/> FAT BURNER & TONE	W	6:00 PM	Holmes cafe	Brenda	\$42

ONE TIME OPPORTUNITY - THIS SESSION ONLY

Walk in registrations on Wednesday 3/11 and Monday 3/16

All classes held at Livonia Public Schools gyms

For class descriptions, visit

americanhealthandfitness.net



Class Registration Form



Last Name _____

First Name _____

Address _____

City _____

Zip _____

Phone _____

Cell _____

Email _____

We do not share your email address with anyone

Checks or money orders are payable to
American Health and Fitness

Total Class Fees

* \$25 returned check fee

STUDENT WAIVER

Must be Signed and returned prior to participation in classes

I have enrolled in a program of physical activity that includes any exercise classes or program offered by American Health and Fitness. I state that I am in good health and do not suffer from any impairment or disability which would prevent or limit my participation in any classes which I have selected. In consideration of my participation in any exercise class or program offered through American Health and Fitness, I, my heirs and assigns, hereby release American Health and Fitness and instructors from any liability, claims, demands, and causes of action arising from my participation in these classes at any location where offered. I hereby release American Health and Fitness from any liability, now or in the future, due to any injury or illness which may occur during or after my participation in any of the exercise class(es) I have selected.

Signature _____

Date _____

Consult with your physician before starting this or any other exercise program

When completed, mail to
American Health and Fitness
P.O. Box 530069
Livonia, MI 48153
248-797-9570