

JCC OF FORT LEE

PRESENTS:



Pilates!

for Parents & Teens

SPRING SESSION: March 24th-June 2nd

Pilates P&T class gives you the opportunity to spend quality time with your teen/parent, exercising the mind and body while having fun.

Pilates can improve your posture and strengthen your abdominal, back, leg, and gluteus muscles. Pilates can help your body become more visibly toned. Our class aims to transform the body, help improve range of motion & mobility, and help you achieve a new physical well being.

Enroll with your teen and get 50% off of one registration!

*Enjoy Pilates and transform your body from the inside out
Mondays 5:00-6:00pm*



To register email: Anat@geshershalom.org or call 201-947-1735

15% registration discount by March 14th.

REGISTRATION DEADLINE IS MARCH 20TH

CLUB JCC Registration Form
Spring 2014: March 24th– June 2nd

Student Name: _____

Age/Grade: _____

Health Conditions/Special Needs: _____

Allergies/Food Restrictions: _____

Parent Name: _____

Telephone: _____

Billing Address and Zip: _____

Email Address: _____

Classes & Fees (*No classes: April 14-22. May 8, 26*)

Name of Class	Dates	Time	Fees
<input type="checkbox"/> Tennis (60 min class)	March 24th–June 2nd	Mondays 3:30-4:30pm	\$160/8 week session
<input type="checkbox"/> Modern Dance (60 min class)	March 24th–June 2nd	Mondays 4:00-5:00pm	\$160/8 week session
<input type="checkbox"/> Pilates P&T (60 mins class)	March 24th–June 2nd	Mondays 5:00-6:00pm	\$160/teen \$240/parent & teen
<input type="checkbox"/> Soccer (60 min class) <input type="checkbox"/> Age 5-8	March 25th–May 27th	Tuesdays 4:00-5:00pm	\$160/8 week session
<input type="checkbox"/> Age 9-12	March 25th–May 27th	Tuesdays 5:00-6:00pm	\$160/8 week session
<input type="checkbox"/> Fit-Alicious (90 min class)	March 25th–May 27th	Tuesdays 4:00-5:30pm	\$240/8 week session
<input type="checkbox"/> Just Cooking <input type="checkbox"/> Just Zumba	March 25th–May 27th	Tuesdays 4:00-4:45pm, 4:45-5:30pm	\$160/8wk \$160/8wk
<input type="checkbox"/> Fencing (60 min class)	March 27th–May 29th	Thursdays 3:30-4:30pm	\$160/8 week session
<input type="checkbox"/> Zumba Teens (45 min class)	March 27th–May 29th	Thursdays 4:00-4:45pm	\$160/8 week session
<input type="checkbox"/> Capoeira (60 min class)	March 27th–May 29th	Thursdays 5:00-6:00pm	\$160/8 week session

Date: _____

Payment Type and Total Amount Enclosed: _____

Check Cash Visa Mastercard Discover Amex

Cardholders Name: _____

Account# _____

Expiration: _____

Authorization Code: _____

I acknowledge that my child shall be receiving instructions or lessons given by instructors employed by Club JCC/JCC of Fort Lee. I agree to hold Club JCC/JCC of Fort Lee and its employees, officers, or directors harmless and to indemnify them for any and all losses, injuries, or damages as a result of such instruction or lessons.

Signature: _____

Club JCC/JCC of Fort Lee has my permission to photograph, record, and videotape my child for promotional uses with no compensation due to me/my child.

Signature: _____

FAQ:

How do I sign up?

All registrations must be paid in full by cash, check or credit card upon enrollment.

What is your attendance policy?

Consistent attendance is important to the learning process and tardiness is very disruptive to the class, please make every effort to be on time.

If I miss a class can I get a refund?

No refunds for missed classes.

Are there any discounts?

15% early registration discount by March 14. 50% off the second class with enrollment to full Fit-alicious program 50% off 1 registration when signing up for 2 people in the Pilates P&T class. Register for 2 or more classes to receive a 10% discount. JCC of Fort Lee members get an extra 5% discount.

***PLEASE NOTE CLASSES ARE SUBJECT TO ENROLLMENT. CLASSES WITH INSUFFICIENT ENROLLMENT MAY BE SUBJECT TO CANCELLATION.**