



March 1 - March 29, 2013

Fridays 12-12:45pm

\$60 members, \$80 non-members

Join Lisa Sundstrom for four weeks of this incredible and unique workout.

45 minutes is all that is needed to challenge your muscle groups with small isometric movements performed to fast paced music. Barre not only efficiently burns fat, but lengthens and strengthens muscles.

**No experience necessary...
Shake up your routine and
do something totally different and fun!**

Registration Form - Barre Toned

Please note: If you cancel your spot with less than 48 hours notice you will be charged a \$50 processing fee. No refunds will be given for any sessions missed for any reason.

Participant _____

Parent's Name (if under 18) _____

Address _____

Phone _____ Email _____

Emergency Contact _____ Phone _____

Membership Type: All Inclusive Non-Member

Payment Method: House Charge Check

Credit Card Type/Card Number _____ Exp.Date _____

The Kingsbury Club & Spa reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Participant's Signature: _____ Date _____

Parent's Signature: _____ Date _____