



## Spring 2010 Class Schedule

**20/20/20:**

### **CardioKickboxing & Sculpting:**

Take your workout to the next level. Every class is different. Vary your workout to stay motivated, challenged and prevent muscle memory. Class format will alternate each week to include 20 minutes of varied cardio, 20 minutes of amazing strength training and finish out each workout with 20 minutes of an awesome ab and glute toning section. Enjoyable for all fitness levels and ages.

Day: Tuesdays/Thursdays – **Lindsay**  
Time: 7:00 – 8:00 pm  
Fee: \$58.00; \$36.00 for once a week (m&m)  
Session: April 20 – May 27  
Location: XTREME FITNESS

### **Total Body Fitness (cardio kickboxing and strength training):**

A 60-minute total body exercise class that caters to all fitness gurus. You'll get the fat burning and heart-strengthening benefits of aerobics, plus the body-shaping and lean muscle-building benefits of toning which will continually challenge your muscles. Added concentration on abdominals and gluts. Great for all fitness levels and both genders. All equipment is provided.

Days: Monday/Wednesday -**Jill**  
Time: 9:30-10:30 am  
Fee: \$58.00; \$36.00 for once a week (m&m)  
Session: April 19 – May 26  
Location: XTREME

### **TEAM F. I. T. CAMP – hosted outdoors!**

The class combines resistance training, cardiovascular training with sport specific drills and loads of fun! Our Boot Camp style class is a great way to increase strength, boost aerobic capacity, improve flexibility, lose weight, and break through plateaus! We look forward to working with you to reach your goals. Boot Camp is a demanding program, and one in whose results we take extreme pride. Great workout for both genders and all ages! Camp also includes protein shake, nutritional handouts and dietary log book that will be weekly monitored. **Scroll down for more information or visit our**

**\*\*OPEN CLASS DAY ON APRIL 5<sup>TH</sup> AT XTREME FITNESS!  
(Contact us to learn more)**

Days: M, W, F  
Time: 6:00-7:00 am  
Fee: \$120.00 (re-enrollees receive \$10.00 OFF!)  
Sessions: April 19 – May 14  
May 17 – June 11  
Location I: XTREME FITNESS – **Jill**  
(Chesterfield Twp.)

**SPRING INCENTIVE...SIGN UP 2 NEW CAMPERS AND  
YOUR ENROLLMENT IS FREE!**

#### **PLEASE NOTE:**

- \* All Team Fit locations are listed on back page.
- \* Always consult your doctor before beginning an exercise program.
- \* Drop in fees are \$10.00/class if you do not want to sign up for an entire session
- \* No refunds given after second meeting day.
- \* If refund is requested, a \$10.00 administration fee will be deducted.
- \* Memberships are binding and can not be frozen or transferred
- \* Pre-paid Aerobic Class Punch Cards are available for \$64.00 for 8 classes; contact Team Fit to learn more (586) 709-2194 or visit our web site [www.teamfitcorp.com](http://www.teamfitcorp.com)

# Team Fit - Spring '10 Class Schedule



## Cycle Challenge: Hosted @ XTREME FITNESS

This class is just what you need to jump start your metabolism! Indoor cycling incinerates calories, increases stamina, and helps develop toned, well-defined legs. Research has shown that an average 40-minute class will burn up to 500 calories! Pre-registration is a must. These classes fill up fast. Session start dates are listed below.

Fee: \$45.00 (m&m \$75.00)

Mon	Tues	Wed	Thurs	Fri	Sat
				<b>9:30 Beth O. 6 week session begins 04/23</b>	<b>8:00 Chantell 6 week session begins 05/01</b>
<b>PM</b>					
<b>5:30 Sara 6 week session begins 04/19</b>					
	<b>8:00 Lindsay 6 week session begins 04/20</b>		<b>8:00 Lindsay 6 week session begins 04/29</b>		



This program takes the best of everything and throws out the stuff that doesn't work resulting in the F.I.T. Challenge. F.I.T. Challenge is a strength and condition program designed for everyone from the elite athlete to a beginner who hasn't worked out in years. This program delivers fitness that is, by design, broad, general, and inclusive. The principals of F.I.T. Challenge are monostructural (or cardio), gymnastics basics, and weight training. Program also included daily protein shakes to further your results. **Scroll down for further information.**

**\*\*OPEN CLASS DAY ON APRIL 5<sup>TH</sup> AT XTREME FITNESS!  
(Contact us to learn more)**

Days: T, Th **Jill (HOSTED INDOORS)**  
 Time: 6:00-7:00 am  
 Fee: \$85.00  
 Sessions: April 20 – May 13  
 May 18 – June 10  
 Location: CONCORDE SWIM & HEALTH CLUB

### NEW EVENING PROGRAM!

Days: T, Th **Jill (HOSTED OUTDOORS)**  
 Time: 6:30-7:30 pm  
 Fee: \$85.00  
 Sessions: April 20- May 13  
 May 18 – June 10  
 Location: XTREME FITNESS

**FYI: TO ENSURE THE PROGRAM RUNS SUCCESSFULLY, PLEASE REGISTER PRIOR TO THE FIRST DAY! SCHEDULES MAY CHANGE DUE TO LOW ENROLLMENT.**

# TEAM F.I.T. CAMP (outdoors)

(boot camp style workout + nutritional counseling & supplements = RESULTS!!)

[www.teamfitcorp.com](http://www.teamfitcorp.com)

morning session: M/W/F @ 6am \$120.00/4weeks...**BEST DEAL!**

Whether you want to lose weight, lose inches, get stronger, increase your metabolism, improve your nutrition, or just improve your overall health and fitness, Team Fit is committed to providing the right "game-plan" for you to reach your goals. Our dynamic, fun, results-oriented workouts combine resistance training, cardio workouts, plyometrics, core training, functional fitness and flexibility. We will use natural props as well as supply additional equipment in order to enhance the variation and give you the best workout; without routine! Please note that the best place to conduct the camp is the great outdoors. If outside temperature is 40 degrees or warmer, we will be outside. Winter months, Camp is hosted indoors.

**Please check out web page for Q/A re: this effective and exciting program. Pre-registration is a MUST!**

Clients come to us for a myriad of reasons:

- Weight loss
- Improve energy
- Increase metabolism
- Accountability
- Motivation
- Program Design
- Flexibility
- Sports Performance
- Results!!!

## THIS PROGRAM WILL BE OFFERED AT THE FOLLOWING LOCATIONS FOR SPRING:

CHESTERFIELD/  
MACOMB AREA:

XTREME FITNESS  
(M-59 at Gratiot Ave) **hosted by Jill Turvey**

Session Dates:

April 19- May 14  
May 17 – June 11

**Morning and evening time frames available. Please see first page for further details. Don't delay, don't hesitate, don't be lazy...sign up today! Camps do sell out!**

**\*SPRING INCENTIVE.....SIGN UP 2 NEW CAMPERS AND YOUR ENROLLMENT IS FREE!**

Your journey begins by getting weighed in and measured. A daily dietary journal will be distributed for logging in *everything* you intake. Tools and guidelines will be shared to make your journey successful and goals achieved. Daily protein shakes are also included in this program.....over a \$42.00 bonus! Workouts will vary weekly to keep your muscles challenged and your metabolism high. **A \$10.00 discount given to re-enrollees. 10% off all protein/supplement sales and enrollment to any other program within same session.**



**morning session: T/Th 6-7 am**  
**evening session: T/Th 6:30-7:30 pm**  
**4 week session @ \$85.00**  
**Hosted By Jill Turvey, CPT, CGFI**

General aerobics class is over. F.I.T. Challenge is mental and physical training. Expect it to be rigorous and demanding. It's hard work. Then again, anything worth something usually is. You'll emerge in top physical condition astounded by what you've accomplished so far and ready for the biggest adventure of your life: your first tour of duty.

**We apply our system and train the body the way it was designed to perform and function in real life.**

This program takes the best of everything and throws out the stuff that doesn't work resulting in the F.I.T. Challenge. F.I.T. Challenge is a strength and condition program designed for everyone from the elite athlete to a beginner who hasn't worked out in years. F.I.T. Challenge delivers fitness that is, by design, broad, general, and inclusive. Our specialty is not specializing. The principals of F.I.T. Challenge are monostructural (or cardio), gymnastics basics, and weight training. In a F.I.T. Challenge workout you will see one of those principals, a combination of any two, or all three. Classes are started with a 10-15 minute dynamic warm-up where we do some exercises to get the heart rate up that coordinate to the workout, some skill work, and some dynamic stretching. We then go over form in the movements that will be used that day. We are very strict on form, good form is essential in optimal performance and injury prevention. The workouts are short duration and high in intensity. Exercises are periodically timed so you will know when you're intensity is increased or just being lazy.

**SESSIONS INFORMATION:**

April 20 – May 13  
May 18- June 10

**MORNING LOCATION:**

6:00-7:00 am; **CONCORDE SWIM & FITNESS CENTER** (hosted by Jill Turvey)  
(Clinton Township Gratiot Ave.; South of Hall Road)

**EVENING LOCATION:**

6:30-7:30 pm **XTREME FITNESS** (hosted by Jill Turvey)  
(Chesterfield Twp. W of I-94; N of M-59)

**PARTICIPANT DISCOUNTS:**

10% off all protein/supplement sales and enrollment to any other programs

TO VIEW MORE DESCRIPTION OF THIS PROGRAM, VISIT OUR WEB SITE: [www.teamfitcorp.com](http://www.teamfitcorp.com)

# Team Fit - Spring 2010 Class Schedule

**CHILD CARE  
AVAILABLE FOR  
CLASSES HELD AT  
XTREME FITNESS!**

## **Guts & Gluts:**

Can you pinch more than an inch? Want to turn abs of flab into a chiseled torso? Does your butt need a lift? Blast your gut and shape your derriere with our safe, fun and effective no impact core strengthening exercise system. This class is packed with effective exercises for the abs, back, gluts and legs to tone and strengthen the mid-section and lower body. Begin with a warm-up, alternately work targeted muscles (including intense abdominal conditioning), and finish with a refreshing stretch. Develop core strength and stability in this fun but challenging class.

Day: Wednesday- **Kat**  
Time: 6:30-7:00 pm  
Fee: \$25.00  
Location: WYANDOT MIDDLE  
Session: April 26 – June 7 (contact CV for enrollment)

**(THIS CLASS IS ALSO OFFERED THROUGH ST. CLAIR SHORES.  
SEE ON-LINE BROCHURE OR CONTACT US TO LEARN MORE)**

## **Step & Sculpt - step aerobics and strength training**

Step your way to burn fat and build stamina! This course offers traditional step moves to shape your entire lower body. Great work out for beginners as well as advanced levels. Class also focuses on upper body toning exercises and core conditioning. Steps and risers are provided.

### **Beginner Level:**

Day: Tuesdays – **Sara**  
Time: 9:30-10:30 am  
Fee: \$36.00 (m&m \$58.00)  
Session I: April 20 – May 25

### **Intermediate Level:**

Day: Monday/Wednesday -**Shawn**  
Time: 8:00-9:00 pm  
Fee: \$58.00 (or 1 night for \$36.00)  
Location: XTREME  
Session I: April 19 – May 26

**\*\*step classes are also offered through St. Clair Shores---see schedule for more information**

# Team Fit - Spring 2010 Class Schedule

## **Fitness/Hatha Yoga (Beginning/Intermediate):**

Learn stress-relieving techniques that will provide a deepened sense of well-being. Practice stretching to tone and strengthen the body. Use gentle, slow movements and focus on the body, mind, breathing and posture to improve circulation, flexibility and stamina. Enjoyable and beneficial for all fitness levels.

Day: Thursday **Jean**  
Time: 6:00-7:00 pm  
Fee: \$45.00 (m&m \$75.00)  
Location: XTREME  
Session I: April 22 – May 27



## **Fully Figured Yoga:**

Have you always wanted to try yoga but didn't feel comfortable walking into just any class? Jean Charette is a fully figured yoga student and teacher. She encourages her students to enjoy the freedom and peace within their own bodies with her joyful spirit and playful attitude. As a career massage therapist, yoga teacher and a student of the healing arts, she will gently guide you through all the facets of yoga. Her classes offer Pranayama, Asana and Meditations with special modifications for the plus-sized body. Hatha yoga will help you gain strength, flexibility and balance and allow you to experience true inner peace and well being. Shanti (deep peace).

**\*Please bring a yoga sticky mat, hand towel and blanket. Optional items are a yoga strap and block.**

Day: Monday - **Jean**  
Time: 7:15-8:15 pm  
Fee: \$45.00 (m&m \$75.00)  
Location: CONCORDE  
Session I: April 26 – June 7

## **Mix and Match Discount Program (m&m):**

If signing up for:

**\*\*any cardio or strength training classes; m&m discount rate is \$58.00 for two classes/week**

**\*\*any yoga, Pilates, cycling; m&m discount rate is \$75.00 for two classes/week**

(For example, if signing up for Super Saturday Mornings and 1 day of Total Body Fitness, the m&m discount rate is \$58.00; if signing up for Hatha Yoga and 1 day of Step & Sculpt, the m&m discount is the greater of the two...\$75.00). Sorry, no mix and match for Zumba classes, youth programs or personal training sessions.

**\*\*contact us to learn about our Pre-Paid Class Punch Cards which can be used at any of our hosting locations!**



# Take salsa, cha-cha, Tango, Merengue, Cumbia, Regaeton and belly dancing, put it all in a workout routine, and you have Zumba!

Class fees are \$40.00 for six weeks or \$10.00/class unless otherwise noted below or purchase Class Punch Cards to be used at ALL locations! \$64.00 for 8 punches. Contact us to learn more!

## MONDAY CLASS:

Location: XTREME FITNESS  
Time: 6:30-7:30 pm  
Session I: April 19 – May 24  
Instructor: Nancy



### Zumba Gold/Beginner Level

Location: WYANDOT MIDDLE (contact CV)  
Time: 6:00-7:00 pm  
Session Dates: April 26 – June 7 (\$50.00)  
Instructor: Dorothy

## TUESDAY CLASSES:

Location: XTREME FITNESS  
Time: 10:30 – 11:30 am  
Session Dates: April 27 – June 1  
Instructor: Jennifer

Location: FOX (contact CV for enrollment)  
Time: 6:30-7:30 pm  
Session Dates: April 27 – June 1 (\$50.00)  
Instructor: Jennifer

## WEDNESDAY CLASSES:

Location: RODGERS ELEMENTARY (SCS)  
Time: 6:15-7:15 pm  
Session Dates: April 21 – June 2<sup>nd</sup> (no class 05/05)  
Instructor: Jennifer

Location: XTREME FITNESS  
Time: 7:00-8:00 pm  
Session Dates: April 21 – May 26  
Instructor: Dru

Location: WYANDOT MIDDLE (CV)  
Time: 7:00-8:00 pm  
Session: April 28 – June 2 (\$50.00)  
Instructor: Kat

## THURSDAY CLASS:

Location: BRICKHOUSE H&F CENTER  
Time: 7:00-8:00 pm  
Session Dates: May 20- June 24  
Instructor: Jennifer

## SATURDAY CLASSES:

Location: RODGERS- SCS (see insert)  
Time: 9:00-10:00 am  
Session: April 24 – May 22 (5 wks @ \$34)  
Instructor: Kat

Location: ERIE ELEMENTARY  
Time: 9:00-10:00 am  
Session: May 8 – June 19 (\$50.00)  
Instructor: Jennifer



MAKE A SPLASH with Aqua Zumba. Maybe you have tried ZUMBA on the land and are looking to spice up your workouts, maybe your knees or your hips hurt too much after your ZUMBA classes! Now is your chance to get involved. Merengue, Cumbia, and Reggaeton are a few of the classic dance rhythms that are incorporated into the class. Exercise movements include hamstring curls, Zumba shuffle, kicking, twisting and clapping. Aqua shoes recommended. **Don't forget your towel!**

Location: CONCORDE (for both classes)  
Day: Monday  
Time: 10:30-11:30 am  
Session: April 19 – June 7 -no class 06/03  
Instructor: Jennifer (for both classes)

Day: Sunday  
Time: 5:00-6:00 pm  
Session: May 16 – June 27 – no class 05/30



Now that you've worked on your lower body rhythm, its time to perfect the upper body! This is the original dance- fitness class taken to the next level. ZUMBA® TONING is an innovative muscle training program with the addition of light weight toning sticks. We use 1 1/2 lb, sand filled toning sticks, which are very similar to maracas. In a relatively short period of time, this challenging workout helps in building coordination and muscle endurance. Previous ZUMBA® class experience necessary. Toning sticks available for pre-order sale on web site for \$20.00 or participants can bring in their own 2 lb hand held weights.

Location: FOX (register through CV)  
Day: Tuesday  
**\*toning sticks are sold at discounted of \$15 at this location (pre-register only)**  
Time: 8:00 – 9:00 pm  
Session Dates: April 27 – June 1  
Instructor: Jennifer

Location: XTREME FITNESS  
Day: Friday  
Time: 6:30 – 7:30 pm  
Session Dates: May 14- June 18  
Instructor: Jennifer

# Team Fit - Spring '10 Class Schedule

**CHILD CARE  
AVAILABLE FOR  
CLASSES HELD AT  
XTREME FITNESS!  
\$3/CHILD**

## Super Saturday Morning:

Take your workout to the next level with our Saturday morning workout. With an intense, but easy to follow cardio segment; this class is designed to always keep your heart rate in the fat-burning zone. Full range toning then follows with proven standing and seated exercises chosen to incorporate both variety and tempo variations. Then its ab firming floor work – an effective mix of Pilates and crunches. Two locations to choose from.

Day: Saturday **Shawn**  
Time: 9:00 – 10:00 am  
Fee: \$36.00 (m&m \$58.00)  
Location: XTREME  
Session: April 24 – June 5  
(no class May 29)

## TNT: (Tone-N-Trim)

Get fit and feel fantastic with TnT! This total body workout will define your muscles, sculpt your body, burn fat and increase your energy level using weights, resistance and simple no-impact moves. Multiple joint/muscle exercises that help the body work effectively. Standing and mat routines create a lean, more sculpted, injury-free, functional body while eliminating excess body fat. All equipment is provided.

Day: Saturday **Shawn**  
Time: 10:00-11:00 am  
Fee: \$36.00 (m&m \$58.00)  
Location: XTREME  
Session: April 24- June 5  
(no class May 29)

## Pilates Core Challenge:

Emphasis on breath, core conditioning and body awareness. A safe and highly effective way to stretch, strengthen and streamline your body without building bulk or stressing your joints. Develop an effective fitness routine for a lifetime. Achieve body tone, feel revitalized and move with ease. Class will be practicing on stability balls throughout the course. Please bring sticky mat to class.

### CLASSES HOSTED AT XTREME

#### AM CLASS

Day: Thursdays – **Beth D.**  
Time: 9:30-10:30 am  
Fee: \$45.00 (m&m \$75.00)  
Session: April 22 – May 27

#### PM CLASS

Day: Wednesdays – **Beth D.**  
Time: 6:00-7:00 pm  
Fee: \$45.00 (m&m \$75.00)  
Session I: April 21 – May 26



# Team Fit - Spring '10 Class Schedule

## Weight Training for Weight Loss (sculpt & tone):

Did you know that fat takes up 3x the amount of mass than muscle? Did you know that you can burn more calories by lifting weights than by cardio alone? Increase everyday strength, boost metabolism and build lean, sleek muscles without the bulk. This no-nonsense, compound body sculpting class will aid you in building definition as well as endurance. Every workout is not only different, but challenging so that you will never hit a fitness plateau. Great workout for all levels. Class also discusses diet and other factors which can play a role in your results. All equipment is provided for. Please bring water to class!

### AM CLASS

Day: Monday - **Jill**  
Time: 10:30-11:30 am  
Fee: \$36.00 (m&m \$58.00)  
Location: XTREME  
Session: April 19 – May 24

### PM CLASS

Day: Tuesday- **Lindsay**  
Time: 6:00-7:00 pm  
Fee: \$36.00 (m&m \$58.00)  
Location: XTREME  
Session: April 20 – May 25

## Tai Chi (108 Yang Style Form)

Come and experience the Ancient Chinese Martial Art of Tai Chi. Learn to relax, improve balance and flexibility, respiratory and cardio status through gentle movements and breathing techniques.

Two locations to choose from.

Day: Saturday – **Melissa**  
Time: 9:00- 10:00 am  
Fee: \$50.00  
Location: ERIE– **contact CV for enrollment**  
Session: May 8 – June 12

## Interval Training:

Supercharge your metabolism, burn fat and lose weight! A workout that alternates 4 min. segments of cardio with 4 min. segments of weight training. A workout for individuals who want real results fast! To make this a total body class, we added an abdominal segment to strengthen and firm the mid-section. A great class for all fitness levels/ages and both genders. Please bring hand held weights and exercise mat to class.

Day: Wednesdays - **Lindsay**  
Time: 6:30-7:30 pm  
Fee: \$36.00 (m&m \$58.00)  
Location: CONCORDE  
Session: April 21 – May 26

# Youth Kormer

## CHEER CAMP:

This class will give you something to cheer about! Learn cheers, chants and dance routines in this fun and exciting class designed to improve coordination, flexibility and teamwork. Camp is led by a certified coach and has an extensive background in dance/cheer and kids camps. Camps geared for Grades K through 5<sup>th</sup> Grade. Pom poms are provided for all participants.

**Cheer Clinic For Chesterfield/Macomb Area  
Located at Green Elementary School; contact  
L'Anse Creuse Community Education to enroll.**

**Grades:** K-5 grade  
**Day:** Monday  
**Time:** 6:30-7:15 pm  
**Session:** April 19 – May 24  
**Fee:** \$42.00  
**Cheer Coach:** Liz



Do you have a child that would like to participate in our fitness programs? They now can! If the participant is under the age of 18, he or she would need to have a Parental Consent Form along with a Registration Form fully executed by parent or guardian. You can find these and other important forms on our web site. Forms must be submitted prior to participating in programs.

(586) 709-2194 [www.teamfitcorp.com](http://www.teamfitcorp.com)  
*Fitness for Fun, Fitness for Life!*

# Team Fit - Spring 2010 Locations

## **CHESTERFIELD:**

### **Xtreme Fitness: (XTREME)**

45409 Marketplace Blvd.  
(M-59 and Gratiot Ave.; adjacent to Wal-Mart)

### **Green Elementary School: (GREEN)...youth cheer clinic**

7260 Sugarbush Road (North of 21 Mile)

## **CLINTON TOWNSHIP:**

### **ConCorde Swim and Fitness Club: (CON)**

44315 Gratiot Ave.; located inside the ConCorde Inn  
(just South of Hall Road)

### **Wyandot Middle School: (WYANDOT)**

39490 Garfield Road. (North of 17 Mile)

### **Erie Elementary School: (ERIE)**

42276 Romeo Plank (between Cass and Canal)

## **ST. CLAIR SHORES:**

### **Rodgers Elementary School: (RODGERS)**

21601 L'Anse (Corner of Harper, btwn Martin & 12 Mile)

## **MT. CLEMENS:**

### **Brickhouse Health and Fitness Center**

30 Grosebeck

(just N. of Cass Ave.)

### **Princeton Elementary School:(PRINCETON)**

20300 Statler St; (between Frazho and 10 Mile Road)

### **Ardmore Elementary School: (ARDMORE)**

27001 Greater Mack S. of 11 Mile/ W. of Jefferson

## **MACOMB TOWNSHIP:**

### **Fox Elementary School: (FOX)**

17500 Millstone Drive

(South of 21 Mile; between Romeo Plank and Garfield)

## **SHELBY TOWNSHIP:**

### **Club 22:**

46793 Hayes Road

(SW corner of 21 Mile and Hayes)

#### **PLEASE BE ADVISED:**

- \* Mix & match options available when signing up for multiple classes. Some exclusions apply. Mix n match prices are listed, however, please call for more details and other options.
- \* Team Fit reserves the right to cancel any program due to low enrollment. A full refund would then be issued or applied to another program.
- \* Make-up classes are allowed within the same session period only.
- \* Full payment is due upon registration. Cash or personal checks are accepted. A \$15.00 fee will be assessed for returned checks.
- \* Session memberships are binding, non-transferable and can not be frozen or carried over for any reason. No refunds after second meeting day of class. If refund is requested, a \$10.00 fee will be assessed.

(586) 709-2194; [www.teamfitcorp.com](http://www.teamfitcorp.com)



Registration Mailing Address:  
 Team Fit, Inc./Jill Turvey  
 47456 Brennan Drive  
 Macomb Twp., MI 48044  
 (586) 709-2194; [www.teamfitcorp.com](http://www.teamfitcorp.com)

PROGRAM REGISTRATION FORM

Student's Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 Home Phone (\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_\_

Participant's Name (Last/First)	Birthdate mm/dd/yy	M/F	Activity Name	Days	Times	Fee

**Total:** \_\_\_\_\_

Release Agreement - In consideration of being permitted to participate in the activity of use of any facility in connection with this activity, the undersigned agrees to the following:

- The undersigned hereby releases, waives, discharges and covenants not to sue Team Fit, Inc., Jill Turvey, the class instructor, ConCorde Swim and Health Club, Xtreme Fitness, Club 22, its employees, officers and agents (hereinafter referred to as "releasees") from all liability to the undersigned his or her personal representatives, assigns, heirs, and next of kin for any loss, damage, or claim therefore on account of injury to the person or property of the undersigned whether caused by any negligent act or omission of the releasees of otherwise while the undersigned is participating in the activity or using any facility in connection with the activity.
- There is a risk of injury, both serious and minor, associated with participation in activities offered at ConCorde Swim and Health Club (hereinafter referred to as "ConCorde"), located at 44315 Gratiot Ave., Clinton Twp.; Xtreme Fitness, located at 45409 Marketplace Blvd., Chesterfield, MI 48051 (hereinafter referred to as "Xtreme"); Club 22, located at Hayes Road, Shelby Twp.; as well as any and all other participating facilities which Team Fit, Inc. associates and conducts fitness training at. The risks may increase in activities involving physical contact, running, jumping or otherwise leaving one's feet, sliding, diving, or interaction with equipment used in such activities. The risks may include, but are not limited to: injury to the skin, head, neck or spine (including paralysis); injury to the muscular or skeletal systems; injury to internal or external organs; loss of or damage to sight, hearing, or teeth; death; long or short-term disability; loss of income; career opportunities or the enjoyment of life; pain; scarring; or disfiguration.
- The undersigned hereby agrees to indemnify and hold harmless the releasees from all liability, claims, demands, causes of action, charges, expenses, and attorney fees (including attorney fees to establish the releasee's right to indemnify or incurred on appeal) resulting from involvement in these facilities and equipment whether caused by any negligent act or omission of the releasees or otherwise.
- The undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage while upon the properties or participating in the activity or using any facility and equipment whether caused by any negligent act or omission of the releasees or otherwise.  
 The undersigned expressly agrees that the foregoing release and waiver, indemnity agreement and assumption of risk are intended to be as broad and inclusive as permitted by Michigan law and that if any portion thereof by held invalid, notwithstanding, the balance shall continue in full legal force and effect. It is the responsibility of each individual to have health insurance coverage sufficient to provide for medical or dental services and/or equipment required to treat any injury, minor or catastrophic, sustained or incurred as a result of participating in activities at Xtreme, and to certify that such insurance coverage is so held.  
 I acknowledge that I have read the foregoing and that I am aware of the legal consequences of this Agreement, including that it prevents me from suing Team Fit, Inc., Jill Turvey, the class instructor, ConCorde, Xtreme, Club 22 or any other facility in which Team Fit, Inc. conduct fitness training, or its employees, agents, or officers if I am injured or damaged for any reason as a result of participation in said activity. I further acknowledge that no oral representations, statements or inducements have been made. This Agreement is binding and can not be froze and is non-transferable for any reason. No refunds after second meeting day of class.

Signature \_\_\_\_\_ Print Name \_\_\_\_\_ Date \_\_\_\_\_