

The top of the flyer features a dark blue background on the left with the 'franco's' logo in white, a stylized Greek letter Phi above the 'o', and the words 'TOTALfit challenge' in large, bold letters. 'TOTAL' is grey, 'fit' is red, and 'challenge' is white. On the right, a photograph shows a group of people in a gym, with a woman in the foreground leaning forward, holding a kettlebell, ready for a workout.

# franco's **TOTAL**fit challenge

## **TOTAL FIT CHALLENGE** Small Group Training

**Starts August 19, 2019**

*(choose 6 weeks at 3x/week or 9 weeks at 2x/week)*

**TOTAL FIT Challenge** is a team trained challenge  
led by Franco's Personal Trainer Lisa Zeringue  
designed to help you achieve the **next level of personal fitness.**

*Training includes*

**Preliminary Total Fitness Evaluation**

**3 InBody Assessments** *(valued at \$95)*

**18 Training Sessions**

**Total Fitness Challenge**

*to test improvement in strength,  
aerobic capacity, metabolic condition & overall fitness.*

985.792.0200

francosmandeville.com



# Total Fit Fall 2019

Participant's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Age you want to look ☺ \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_ FAC#: \_\_\_\_\_

## Total Fit Fall Session Dates

### THREE (3) DAYS PER WEEK:

\_\_\_\_ August 19 – September 27 (6 weeks, 3x's/week, 18 sessions)

### TWO (2) DAYS PER WEEK:

\_\_\_\_ August 19 - October 18 (9 weeks, 2x's/week, 18 sessions)

## Total Fit Team Session Times

**3 Days per week (OR pick 2 if enrolled in the 9-week session)**

☐ **5:00am** (Monday, Wednesday, Friday)

☐ **8:30am** (Tuesday, Thursday, Friday)

☐ **6:00pm** (Monday, Wednesday, Thursday)

Total Fit Challenge is a team trained challenge led by Franco's Personal Trainer Lisa Zeringue. It is designed to help you achieve the next level of personal fitness. In this session, it includes a preliminary Total Fitness Evaluation, 3 InBody Assessments (valued at \$95), 18 training sessions and a Total Fitness Challenge at the end that will show each client's specific areas of improvement in strength, aerobic capacity, metabolic condition, and overall fitness.

## Program Payment

\_\_\_\_ **\$499.00/18 sessions** (EARLY BIRD includes 2 free sessions if registered by Aug. 12)

\_\_\_\_ **\$562.50/18 sessions**, if registered after Aug. 12

\_\_\_\_ Charge my member account    \_\_\_\_ Check    \_\_\_\_ Credit Card    \_\_\_\_ Cash

For Office Use:

### Payment Method

Account Holders Int'l's \_\_\_\_\_

\_\_\_\_ **Check** (Make checks payable to Franco's Athletic Club)

\_\_\_\_ **Credit Card** Please Circle: Visa MC AMEX Disc

\_\_\_\_ **Membership Charge Account #** \_\_\_\_\_

C.C. Number \_\_\_\_\_ Exp. \_\_\_\_\_

## Club Waiver Release

All signed participants desire to voluntarily utilize the services and, if applicable, facilities and equipment provided by Franco's Athletic Club. As a consideration for the right and privilege of being permitted access to Franco's Athletic Club, and if applicable, facilities and equipment, the undersigned does hereby release Franco's Athletic Club, and employees from any and all liabilities of any kind whatsoever arising out of any physical or mental injury or damage incurred or sustained by the undersigned, minor child, of the undersigned, or the undersigned property, while voluntarily preparing to use, using or cleaning up after using, any of the services and applicable facilities and equipment provided by Franco's Athletic Club; and furthermore, agrees to save and hold harmless Franco's Athletic Club, its owners, agents, and employees, for any damages or injuries arising out of the undersigned's, or the undersigned's minor child, use of the facilities, equipment and/or services. Furthermore the undersigned acknowledges that he or she has obtained independent medical approval to use the services, facilities and equipment provided by Franco's Athletic Club for themselves, or for their minor child, and that he or she has made Franco's Athletic Club aware of any limitations suggested by his/her physicians. The undersigned acknowledges and affirms that he or she has carefully read this release and has asked and obtained a satisfactory explanation of any part that he or she does not understand. The undersigned acknowledges that photos may be taken for publicity/marketing purposes and gives his/her authorization for any photos of his/herself, or of their minor child, to be used in this fashion.

Participant Signature \_\_\_\_\_ Date: \_\_\_\_\_