franco's

2020 JUNIOR FITNESS INSTRUCTION

JFI participants receive training and knowledge of a **proper workout program**, club etiquette, nutrition, understanding of how the body works, development of exercise as a lifetime interest, and **ACCESS to the weight room & cardio room** with parent supervision.

Ages 8 - 14 years old. Limited to 12 participants.

985-792-0205 / programregistration@myfrancos.com

☐ **August 13, 14, 15**
Thursday - Saturday
Thu & Fri 4pm - 5:30pm
Sat 10am - 11:30am

☐ **October 1, 2, 3**
Thursday - Saturday
Thu & Fri 4pm - 5:30pm
Sat 10am - 11:30am

☐ **November 23, 24, 25**
Thanksgiving Break
Monday - Wednesday
11am - 12:30pm

Register ONLINE NOW
using the QR code below

Register at Franco's Registration Desk
985-792-0205

$125/members, $157/guests

____ Account Charge
____ Credit Card $____ Cash
____ Check #_____

*program cost is non-refundable

REGISTER

JFI student _____ D.O.B. _____

Parent(s) _____ Acct #: _____

Address _____

Email _____ Phone _____

In consideration of being allowed to participate in Franco's Youth Fitness activities supervised by Franco's trainers and staff, and to use the facilities, equipment and machines of Franco's, I do hereby waive, release and forever discharge Franco's staff and FAC from any and all responsibilities or liability from injuries or damages resulting from my participation in any activities or machinery in the above activities. I do also hereby release all those mentioned and any other acting upon their behalf. I grant all rights to use my child's name & photos taken during the class for possible future flyers, advertising and social media.

Signature of Parent/Guardian:_____ Date:_____