



# Women on Weights

## Six Weeks, Begins Monday, September 13<sup>th</sup> and Tuesday, September 14<sup>th</sup>

**One registration form per person, make copies as needed**

Sessions	Yearly Member	One Month or Non-Member
# 1, Mon / Wed at 6:00 am	\$16.05	\$57.78
# 2, Mon / Wed at 4:30 pm & 5:00 pm	\$16.05	\$57.78
# 3, Tue / Thu at 7:15 pm	\$16.05	\$57.78

**Session Choice:** \_\_\_\_\_

**Amount Paid:** \_\_\_\_\_

For more information or questions call: 875-2727

Fill out and return with payment to:  
Total Fitness  
1110 16th Ave Ct SE  
Dyersville IA 52040

Name (please print): \_\_\_\_\_

Email: \_\_\_\_\_ (for mailing list only, we do not give out addresses)

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

**Must return form with payment. (No phone-ins please)**

I hereby agree to participate in the WOW program and understand that the Total Fitness Rec Center and its employees will not be responsible for any accidents or injuries.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**For Office Use Only:** Date: \_\_\_\_\_ Amount: \_\_\_\_\_ Check number/cash: \_\_\_\_\_ Staff initials: \_\_\_\_\_