

Beach Body Blast: Guidelines for Success

Attendance:

Class starts at 6:30am. You should show up before that and be ready to be at 6:30am.

Checking in is your responsibility. Attendance is not required, but highly encouraged. If you miss 3 or less classes, you will earn our Beach Body Blast prize just in time for Spring Break.

Eating:

Do not eat a large breakfast right before class.

Do eat something light in the morning when you wake up: breakfast bar, trail mix, granola, fruit, etc.

Bring water.

Attire:

Dress comfortably, but not super baggy clothes.

Bring a towel.

Shoes: Cross trainer athletic shoes are best. Some form of athletic shoe without black soles is required.

Our Goal:

The ultimate goal is working out consistency. Work out at your own pace. Do not let a single over zealous workout cause to have to quit!

Come ready to work!

Please sign and return to the front desk staff.

I, _____, have read and understood the Guidelines for Success for the TWU Fitness and Recreation Beach Body Blast Program. I agree to abide by these guidelines.

Signed,
Name: _____

Date: _____



Beach Body Blast!



**REGISTRATION BEGINS: MON, FEB 15TH AT 6:00AM
JONES HALL FITNESS CENTER**

**CLASS BEGINS: MON, FEB 22 6:30 AM
PIONEER HALL ROOM 325**

**Phone: (940) 898-2900
www.TWUFitnessandRec.com
Contact Michelle at mreeves@twu.edu**

Beach Body: Class Description

Feb 22-March 12 M-F 3 weeks

Come challenge yourself for three weeks and get yourself body beach ready!

Your instructors will take you through intense 45 minute workouts involving calorie burning cardiovascular exercise, core training, and toning. Special emphasis is given to those areas we notice more during short season!

If you can stay for 15 minutes more, we will treat you to some bonus conditioning!

Attendance is strongly encouraged! If you do miss too many classes, you will also miss the benefits. However, unlike Boot Camp, there are no consequence cards.

Those who complete our three week **Beach Body Blast** with less than 3 absences will receive a cool **Beach Body Blast** prize in time for Spring Break!

Participant keeps this part.

Beach Body: Registration Form

Beach Body Blast \$30.00

Please print neatly!

Name: _____

Address: _____

Email: _____

Phone: _____

Tee-shirt Size:

S _____ M _____ L _____ XL _____ XXL _____

Shoe Size: (women's sizes)

XS (4-6) _____ S (6-8) _____ M (9-10) _____ L (11-12) _____ XL(13-14) _____

FOR FRONT DESK ONLY:

Receipt Number: _____

Staff Initials: _____ Date: _____

Participant turns in this part
with payment.

Tear this sheet in half
and complete back side.