

# March 2012

# MIDTOWN

## Half Hour Core and Stretch- Pilates Reformer

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Join Helen Hackett in this Half Hour Core and Stretch class on the Pilates equipment. Focus on flexibility, core stability and abdominal strength.

**DAYS:** Thursday, March 1<sup>st</sup> – Thursday, March 29<sup>th</sup>

**TIMES:**

11:00am – 11:30am

11:30am – 12:00pm

**FEES: \$100 (5 week session)**

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

**Full payment must accompany registration form.**

Charge my:  Midtown House Account  Visa  MasterCard  AMEX  Discover

Account # \_\_\_\_\_ Exp. \_\_\_\_\_

Enclosed session fee(s) \$ \_\_\_\_\_ (Checks payable to Midtown Athletic Club®)

**First Choice:** Day \_\_\_\_\_ Time \_\_\_\_\_ Instructor \_\_\_\_\_

**Second Choice:** Day \_\_\_\_\_ Time \_\_\_\_\_ Instructor \_\_\_\_\_

**Assume first choice unless otherwise contacted.**

### Payment, membership requirement, enrollment, refund, and make-up policies –

1. Full payment must be included with the registration form.
2. Make check payable to Midtown Athletic Club; Visa, MasterCard, Discover, and American Express accepted.
3. Midtown membership is required for participation.
4. Fee is non-refundable except as follows:
  - a. For medical reasons, a pro-rated refund/credit shall be given from the date the refund is requested when accompanied by a doctor's statement explaining the nature of the disability or injury and duration.
  - b. A refund or credit shall be given to a client who drops a class before the start of the session. You need to give one week notice or only 50% refund.
5. There is a minimum and maximum enrollment for each class (Minimum 3/ Maximum 6).
6. For more information contact Jeannie Glasstetter, Pilates Coordinator at (847) 945-1818 x605 or [jean.glasstetter@midtown.com](mailto:jean.glasstetter@midtown.com)

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

\*Your signature above indicates that you have read and fully understand the following "Release and Hold Harmless Waiver."

**Release and Hold Harmless Waiver**

I agree that my participation in classes and related activities at the Midtown Athletic Club is entirely at my discretion, that I will abide by all rules and policies of the program and the Club, and that I do hereby hold harmless the Club, its instructors, owners, and employees for any injury which may result from my participation.