



Week  
of:

\_\_\_\_\_

YOUR NAME

EMAIL

PHONE

ADDRESS

CIRCLE THE FOLLOWING GOALS  
THAT APPLY TO YOU:

WEIGHT LOSS    TONING

OVERALL HEALTH    MUSCLE GAIN

# FREE WEEK PASS

BEACH CLUB FITNESS  
105 ELM ST. OLD SAYBROOK  
860-339-3138  
WWW.BEACHCLUBFITNESS.COM  
CUSTOMERSERVICE@BEACHCLUBFITNESS.COM