

UNKIST FIT, PRIVATE LESSONS AND STRETCH!

INSTRUCTION LEVELS For All Age Groups Monday thru Friday (Schedule with the coach directly) Beginner/Intermediate/Advance/Academy Elite Sunkist Kids Instructors Develop your skills One-on-One with a coach Develop your skills with 2 kids Develop your skills in a smaller group setting with 3-4 athletes Develop your skills in a smaller group setting with 3-4 athletes SUNKIST FIT (Personal Training) Intermediate/Advance/Academy Elite/Girls/High School Instructor - Brian Brady SUNKIST FOR A (Stretching and Flexibility) Pullid speed, power, endurance, stamina and core strength rhrough acrobatic exercise SUNKIST YOGA (Stretching and Flexibility) Open to all athletes & parents (must have a USA card) Instructor - Tonia Padilla-Carreon Increase flexibility and range of motion while building lean musclel Instruction Level: Private Semi-Private Sunkist Fit Sunkist Yoga Date of Birth Weight USAW Card # Address Circle Grad Fox Date V-Code on back of Card Credit Card Exp. Date V-Code on back of Card			// (I	og for sessions atten	// _ ided)	
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TOTAL \$ or Cash or Credit Card						
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__Signature ___

Print Parent/Guardian's Name __