

UCPA AQUA FITNESS

With Elaine Borland

Come enjoy a fun, cardiovascular, strength training workout in the comfort of the water with Elaine Borland. This non-impact exercise program is great for, but not limited to, those with knee, lower back, or joint discomfort. Come get in motion for a great calorie burning activity accompanied by lively music. All levels are welcome and no swimming background is necessary.

Dates & Times:

Tuesday & Thursday 10:30-11:30

Rates:

Member:	5-Pack:	\$80
	10-Pack:	\$140
Non-Member:	10-Pack:	\$170

*Members will be billed based on their selected rate per month.

**Non-Member registration is not confirmed until payment is made in full and registration and medical release is completed and turned in.

For purchasing and questions please contact:
Sarah Gutierrez sgutierrez@ucpalalto.com

UCPA AQUA-FIT

Registration Form

Payment Type	Monthly 2x Week	5-Pack	10-Pack

Medical & Liability Release Form

Participants Name _____ Member #: _____

Date of birth _____ Age _____

Home Phone _____ Work Phone _____

Cell Phone _____ Email _____

Address _____

Please list any special needs and medical information (i.e. allergies) that our staff should be aware of:

In case of emergency, I authorize treatment and/or care of the above named participant at any hospital. If there is an emergency and I cannot be reached, please contact the person listed below who is authorized to act on my behalf:

Name _____ Phone _____

Address _____

Relationship _____

Doctor's Name _____ Phone _____

Dentist's Name _____ Phone _____