



713-432-7333

# BreakAway Speed Is Featuring

**Elite Athlete Strength Training is back for the Summer of 2010!**  
**“Come Train Like a Pro ”**

**Classes are 4 times a week for four weeks from sign up date (total of 16 sessions)\***

**Elite Athlete and Strength Class .....\$300.00**

***New Sessions begin Monday, August 30, 2010***

***Monday to Thursday***

***5:00 PM - 6:30 PM***

***This is tough training, so don't expect an easy workout, because they just don't work!***

**Training includes:**

***Weight Training Plyometrics, Dynamic Warm-ups, Ladder Drills, Core Strengthening and More!***

I have chosen and accept the above training sessions at BreakAway Speed. I further understand that a \$35 fee will be assessed on all returned checks or declined credit/debit card transactions. I **UNDERSTAND** and agree to all terms of my training sessions agreement, that I must adhere to all rules and safety procedures of **BreakAway Speed** and I have read a copy of such procedures. I understand I should receive a medical check up with a qualified physician prior to engaging in any strenuous physical activity and I participate in physical fitness activities at my own risk. I agree to release and hold harmless **BreakAway Speed** and its employees from any and all liability.

All bills and payments for training services are the responsibility of clients. Any missed sessions can be made during the week in other scheduled classes within the month that you have paid.

Initials \* I understand that the package expires after 4weeks, regardless of sessions remaining, and renewal is required to continue.

**Name** \_\_\_\_\_ **Age** \_\_\_\_\_ **Date** \_\_\_\_\_

**Member Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip Code** \_\_\_\_\_

**Home Telephone** \_\_\_\_\_ **Cell** \_\_\_\_\_ **E-mail** \_\_\_\_\_

**Emergency Contact** \_\_\_\_\_ **Number** \_\_\_\_\_