

Roll It Out

Mequon Elite Fitness

Roll It Out - Foam Roll Clinic

Saturday, 11:00 a.m. - 12:00 p.m.

Session I February 20

Session II April 17

The foam roller has been used for years to treat muscle tightness and the inflammation that can occur as a result of overuse, while also being an integral tool in Pilates and Yoga.

Join ACE certified personal trainer, Luke Lewitzke, for this fun, hour-long clinic on the properties and benefits of using the foam roller to help in muscle recovery, stretching, injury prevention, and core strengthening.

You will be stretching, strengthening, and stabilizing your muscles and core.

Each participant will receive a booklet of the exercises and stretches that we will go through, along with your very own foam roller, if needed.

One day clinic, \$25 members, \$40 non-members,
(You can purchase a foam roller for an additional \$25)



eliteclubs.com

2010 Elite Registration Form

Activity Code _____

Mequon Elite
11616 N. Port Washington Rd.
(262) 241-4250

Waiver: I hereby acknowledge and agree to the limitations, rules and regulations of the Elite Clubs. I hereby for myself and my heirs, executors, and administrators, waive and release any and all claims for damages I may have against the staff of Elite, their respective agents and sponsors, for any and all injuries suffered during my child's participation in this program. Furthermore I will be responsible for any and all damages caused by my child. (Waiver will need to be signed by Parent/Guardian at the club.)
Signature _____

Name _____

Address _____

City _____ State _____ Zip _____

Day phone _____

email _____ @ _____

Class / Dates _____

Total Fee _____

Elite Member? Home Club _____ Non-member Total Payment _____

(Non-members must pre-pay) Payment Type (circle 1) Elite Club Charge Check Charge Card VISA MASTERCARD

Card Number # _____ Exp. _____