



2006 Fitness Challenge Camps @ Stanford's Cobb Field

Instruction: Cecilia Glover

Schedule:

Session Two: Begins Saturday, March 4
Saturday, Tuesday, Thursday each week at 8:30am – 9:30am

Session Three: Begins Saturday, April 29
Saturday, Tuesday, Thursday each week at 8:30am – 9:30am

Session Four: Begins Saturday, June 24

Two week break at the end of August and resume in September. The fall schedule will be published in the May 06 bulletin.

All camp participants must be members of Fifty Plus.
All camp participants must have a waiver on file with the Fifty Plus office.
The instructor will call if a camp day needs to be cancelled or postponed.

Sign up for future camps on line (after Feb. 10) at www.50plus.org or call 650.856.1750 for an application.

Have fun and keep moving!

\$70 per session

The Fifty Plus management

P.S...the slogan of the day "use it or lose it".....

Agility, balance, flexibility, aerobic capacity and upper and lower body strength with pre and post testing for all participants.

Waver

I, intending to be legally bound, waive and release any and all rights and claims against Fifty-Plus Lifelong Fitness, Stanford University, all sponsors and all personal officials, officers and organizations affiliated, for any and all injuries suffered by me while participating in or traveling to or from the Fifty Plus Fitness Challenge Camp.

Name

Address

Phone

E-mail

Method of payment - Select One

Check

Visa/MasterCard

Credit card #

Exp. Date

Signature

Date

Thank you!

