



## Registration .... For EFT Students

- **Cardio Strength:** Combines rhythmic **aerobic** exercise with stretching and strength training routines.
- **Pilates Mat (core):** Is an exercise system that focuses on **(the core)** strengthening without bulk, improving flexibility and agility, which also helping to prevent injury.
- **PT - Small Group Strength Training:** Small group strength training using the resistance of weights and tubes designed to fatigue your muscles for optimum toning while not bulking up.
- **Piloxing:** Blends the power, speed and agility of boxing with the muscle sculpting and flexibility of Pilates that gives you a core-centric interval workout.
- **Fitness Walking Class:** This is **MULTI-MUSCLE walking; not what you do in a typical stroll around the block.** We put ALL MUSCLES in MOTION and in many directions. The arms work the upper body, the core muscles fire to get that tummy area slim and the legs move in new directions for MAXIMUM MUSCLE ACTIVATION.
- **Yoga:** Is a 5 part work-out, 3 mountains & 2 valleys. Classes involve linking several poses together to create **Physical Benefits** which are strength, flexibility, endurance and balance. **Mental Benefits** include a release of stress, inner peace, calm and tranquility. While **Spiritual Benefits** help create a greater awareness and opening to the universe.
- **Zumba Plus:** Is a Latin-inspired, dance-fitness class that incorporates Latin and international music with dance movements, which create a dynamic, exciting and effective fitness system.

**Enjoy UNLIMITED CLASSES for a monthly fee of \$35 each or do both for only \$55.**

**Please sign me up for:**

- \_\_\_\_\_ Cardio Strength, Pilates Mat, Piloxing, Fitness Walking Class, Yoga, and Zumba Plus (\$35 - month)
- \_\_\_\_\_ Pilates Mat, PT - Small Group Strength Training and Yoga (\$35 - month)
- \_\_\_\_\_ Both (\$55 - month)

**Payment Amendment:**

I hereby authorized EZ-FIT to continue EFT payments in the amount of \$ \_\_\_\_\_

Signature: \_\_\_\_\_ Date \_\_\_\_\_

(PLEASE PRINT)

**AUTHORIZATION AGREEMENT FOR PAYMENTS**

I (We) hereby authorize EZ FIT, hereinafter called COMPANY, to initiate debit entries to my (our) account indicated below and the depository named below, hereinafter called FINANCIAL INSTITUTION, to debit the same to such account for \$ \_\_\_\_\_. I (We) acknowledge that the origination of ACH transactions to my (our) account must comply with the provisions of U.S. Law. \* **Must be on EFT for a minimum of 3 months.**

Financial Institution Name: \_\_\_\_\_

Transit/ABA#: \_\_\_\_\_ Account #: \_\_\_\_\_

Type of account: \_\_\_\_\_ Checking or Savings (circle one)

Start Date: \_\_\_\_\_ Ending Date: \_\_\_\_\_

This authority is to remain in full force and effect until COMPANY has received **WRITTEN NOTIFICATION by the 15<sup>th</sup> of the month** from me (us) of its termination in such time and in such manner as to afford COMPANY and FINANCIAL INSTITUTION a reasonable opportunity to act on it. **NO CASH REFUNDS.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_