



WELLness
CENTER
 at **WESLEY GLEN**

Cardio/Core Class

Ready to start the New Year right? Kick it into high gear with this 30 minute high intensity workout taught by a certified strength and conditioning specialist. Be prepared to sweat, get more fit, and have fun while doing it.

- WHEN:** Tuesdays and Thursdays from January 7 through January 30
 from 6:15-6:45pm (8 classes)
- WHERE:** Wesley Glen Fitness Center
- COST:** \$5 per class for Wellness Center Members OR \$35 for the 8 class series
 \$10 per class for nonmembers OR \$70 for the 8 class series

Wesley Glen Nutrition & Weight Loss Registration Form

First Name _____ Last Name _____

Phone (_____) _____ Email _____

Address _____

City _____ Zip _____

Age _____ Date of Birth ____/____/____ Gender _____

PAYMENT METHOD

Enclosed Cash or Check (Check or money order payable to 'Wesley Glen')

Please charge my:

Visa MasterCard American Express Discover

Account Number _____ Exp. Date _____ / 20 _____ CSS Code _____

Signature _____

Please mail registration form to:
 Wesley Glen Wellness Center, 5155 N. High Street, Columbus, OH 43214