



FITNESS

POWER PLATE³ - ACCELERATED TRAINING

Power Plate³ is a series of twelve, 30-minute 3 person buddy sessions of total body training for flexibility, movement and strength, utilizing vibration technology. An hour workout in 30 minutes! Intended for ages 12 and up.

DATES: Ongoing
DAYS/TIMES: Varies
COST: \$240 per participant

ADDITIONAL INFO: For further information, please contact Mindy Jorgenson at (530) 673-6900 ext.252.

POWER PLATE³ FITNESS REGISTRATION FORM

PTG7

Participant Name: _____ **Age:** _____

Parent/Guardian Name (If under 18): _____

Contact Phone Number(s): _____

Cost: \$240 (for 12 sessions) **Days:** To be coordinated with trainer

Payment: Check # _____ or **House Charge Signature:** _____ **Date:** _____