

# Core/Upper Body Strength Training

## 7 Week Program – Late Fall (Nov-Dec) 2015 Presented in the Holmdel Area

**Program Description:** A sensible strength training program for adults who are active aerobically and are looking to develop or improve their upper body and core strength. This will improve your overall muscular and physical fitness and improve your athletic performance in running, biking, swimming and other activities. These workouts will be targeted to adult recreational athletes with adjustments for each person to what they can accomplish. This is an appropriate program for someone who is a novice in this area. Even those adults experienced in strength training will be given a challenging workout without overdoing it and risking injury. As with all of our programs, **there is always personal, individual attention** given to the participants. The program will be led by **experienced and Certified Personal Trainer** John MacGillivray.

**Program Pre-requisite:** Participants should be in good health. Please check with your doctor if you have any concerns about doing this type of training. Please bring your own mat and towel.

### When and Where:

- Holmdel** – Sundays at 5:45 PM. Beginning November 1
- Holmdel** – Mondays at 4:30 PM. Beginning November 2
- Holmdel** – Mondays at 7:00 PM. Beginning November 2
- Holmdel** – Wednesdays at 9:45 AM. Beginning November 4

**Due to limited space, pre-registration is required.** If space is available, we will allow switching your workout time on a weekly basis to accommodate your personal schedule.

**What You Receive:** Program includes 7 weekly strength training sessions. **Class size is strictly limited.**

**Fee:** \$85. Registration closes for each time slot when it reaches capacity.

**Questions / Information:** e-mail to [JMacRunning@yahoo.com](mailto:JMacRunning@yahoo.com) or visit: [www.JMacRunning.com](http://www.JMacRunning.com)

Strength/Core-11/15

**Registration Form** for Strength/Core Training – Late Fall (Nov-Dec) 2015 Season – **Please Print Clearly**

Workout Time (circle one): Holmdel Area - Sun 5:45 PM; Mon 4:30 PM; Mon 6:45 PM; Wed 9:45 AM;

Last Name \_\_\_\_\_ First \_\_\_\_\_

Street \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Home Phone \_\_\_\_\_

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Email (necessary for notifications and updates) \_\_\_\_\_ Birthday (mm/dd/yy) \_\_\_\_\_

**Please Read and Sign:** I know that strength training can be a potentially hazardous activity. I confirm that I am physically fit and qualified to participate in this program. I agree to abide by any decision relative to my participation in this program. I assume all risks associated with participating in this program and recognize that strength training will require some physical exertion which may be strenuous and may cause physical injury, all such risks being known and appreciated by me. Having read this waiver and knowing the facts, and in consideration of your acceptance of my application for this program, I for myself and anyone entitled to act on my behalf, waive and release JMac Running LLC, its staff, employees, agents and sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this program. I fully understand that there are no refunds for this program. I attest that I am at least 18 years old.

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Signature (Participants must be at least age 18) \_\_\_\_\_ Date \_\_\_\_\_

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**Make Checks payable and Mail to: JMac Running LLC , P O Box 83, Holmdel, NJ 07733**