

## *Summer Special 2010*

**Location - 100 Walter Baker Pl, Kanata, ON (613) 831-8085**

**Start Date:** Sunday, July 11<sup>th</sup>, 2010

**Completion Date:** Monday, Sept 6<sup>th</sup>, 2010

**Fitness Evaluation #1 & Orientation:**

Sunday, July 11<sup>th</sup>, 2010 @ 4pm

**Fitness Evaluation #2:**

Sunday, August 8<sup>th</sup>, 2010 @ 4pm

**Final Evaluation & Graduation:** (Congratulations Party After)

Monday, Sept 6<sup>th</sup>, 2010 @ 4pm

**Note: Expect Evaluations to take about 2hrs**

## *XBT Program Includes*

2 Months of Cardio Kick Boxing  
 2 Months of Weight Gym Membership  
 3 Personal Weight Training Sessions  
 Weekly Personal Fitness Evaluations

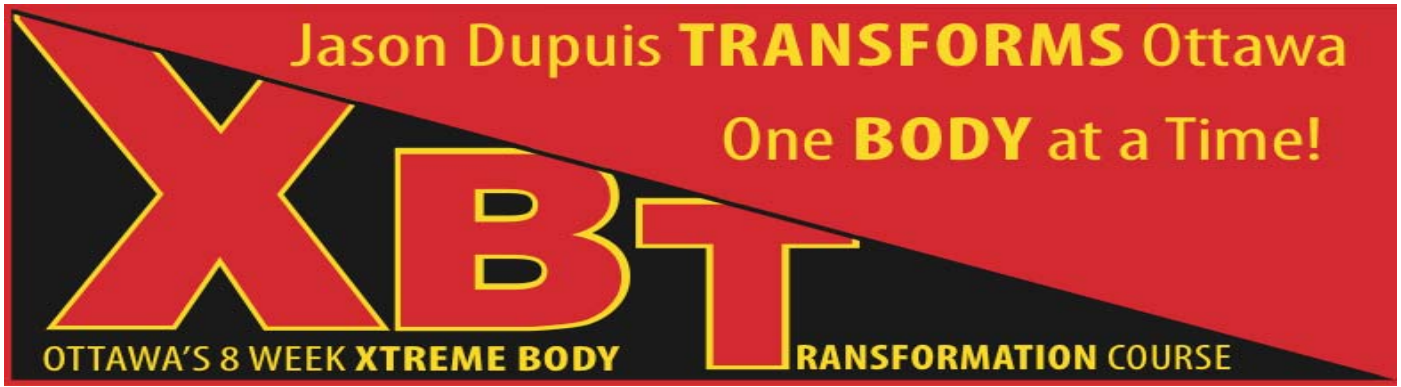
Weight Training & Nutritional Plan  
 Daily Log Book & Instructional DVD  
 Professional Goal Setting Seminar  
 1 Mid-point Consultation

**Cost:**      ~~\$399.00~~    **\$299.00** New Member (not a current CSMA member)  
                  ~~\$349.00~~    **\$299.00** UBC or XBT Alumni  
                  **\$299.00**    Current CSMA member

**Note:** This program is a first come first serve program. We are only taking a maximum of 50 participants. You can register in person at our reception desk at any time. Payments are to be made up front in full upon registering and all payment methods are accepted.

**Important:** Please bring revealing clothes for before and after pictures. The same clothing should be worn for both photos to accurately track your progress. These photos will be kept confidential if requested.

**The Grand Prize awarded to the winner of the XBT will be a 1yr Unlimited Kickboxing Membership. The prize will be awarded to the MOST TRANSFORMED BODY after the completion of the course!**



## Summer Special 2010

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

WORK PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

HEALTH CARD #: \_\_\_\_\_

COST:             ~~\$399.00~~    **\$299** New Member (not a current CSMA member)  
                     ~~\$349.00~~    **\$299** UBC or XBT Alumni  
                     \$299.00      Current CSMA Member

Payment must be made up front on signing. New members may attend all Cardio Kick Boxing and Drills classes starting immediately, up until the start of the program, Free of Charge. Once the program has begun there will be no refunds on enrollment fee.

Attention: The Xtreme Body Transformation course is a very intense 8 week program combining weight training, (non contact) cardio kick boxing, and nutrition. If you have any health concerns that may impede you from fulfilling the full 8 week program please consult your physician. I release Canadian Sport Martial Arts Academy, Jason Dupuis or Jennifer Morgan, or any other member of the club from any liability due to injuries, etc, that I may incur as a result of my attendance and/or participation in the program. I am fully aware of my personal medical condition & hereby certify that I am mentally & physically fit to participate in this class.

Signature of Contestant: \_\_\_\_\_

Signature of School Representative: \_\_\_\_\_

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

Office use only: \_\_\_\_\_

Cash    Cheque    Visa    Mastercard    Amex    Interac