



Four Seasons Association
SMALL GROUP TRAINING OPEN ENROLLMENT
New Schedule Begins November 1st, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
645AM-745AM SGPT-OPEN Jessica Schauls		645AM-745AM SGPT-OPEN Jessica Schauls		645AM-745AM SGPT-OPEN Jessica Schauls	
			5:30PM SGPT-OPEN Jim Casino		9AM SGPT-OPEN Jim Casino
5:00PM SGPT-OPEN Jim Casino			6:30PM SGPT-OPEN Jim Casino		
6:00pm SGPT-OPEN Jim Casino					

Registration is ongoing and can be completed at the Front Desk. Be sure to identify which 'home' section you'd like to attend. However, with our new client-friendly structure...when life happens, you can make up your session in any of the other groups without losing your session! Questions? Email Josh Kauten, Fitness Center Manager, at jkauten@4seasons-club.com or ask the Front Desk staff.

Health History Questionnaire

Your health safety matters to us! Members who wish to participate in Small Group Training will be asked to fill out a Health History Questionnaire (HHQ) prior to starting any sessions. This form identifies risk factors for cardiovascular disease and will indicate if obtaining physician clearance is necessary based on current health status. Please pick up a HHQ at the Front Desk.

Updated 11/1/2015