

2021



REGISTRATION FORM: **Deadline to Register: Friday October 15, 2021**

Our 6-week program starts **October 25, 2021, and ends December 3, 2021**, with an Award Ceremony with prizes on Monday, December 6, 2021. The entry fee for the program is **\$28.00. Only Credit Card payments will be accepted.**

Fall into Fitness will consist of a variety of special fitness classes, programs and events designed specifically for **(ONLY) FALL INTO FITNESS Participants**. The goal is to encourage participants to maintain a healthy lifestyle during the Holidays as well as after the program is over. This is not only an exercise program, but also a healthy lifestyle and healthy eating commitment. Body composition readings will be available at **NutriShop in Indio**.

Drop off registration & payment:

Sun City Shadow Hills
Montecito Fitness Center
80-814 Sun City Blvd
Indio, CA 92203

Name: _____
Last First

Email Address: _____

Phone: () _____ Cell: () _____

Emergency Contact: _____ Phone: () _____

T-Shirt Size: (Circle One) Small Medium Large XL 2XL

**For questions call: Montecito Fitness center
(760) 345-4349 ext. 2111**