



REGISTRATION FORM

Deadline to Register: Monday, April 29th, 2024.

Our 4-week program starts **May 6th and ends June 1st**. A celebration lunch with prizes will be held on Friday, June 14th at 12:00PM. The entry fee for the program is \$25. **Only credit card payments will be accepted**. Beat the Heat will consist of a variety of special fitness classes, programs designed specifically for BEAT THE HEAT participants. The goal is to encourage participants to maintain a healthy lifestyle during the hot summer as well as after the program is over. This is not only an exercise program, but also a healthy lifestyle and healthy eating commitment.

Drop off registration & payment:
Montecito Fitness center only

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

For questions call:

(760) 345-4349 ext. 2111

Name: _____
Last First

Email Address: _____

Phone: () _____ Cell: () _____

Emergency Contact: _____

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