

American Twisters

2019 Summer Information Packet

Thank you for choosing Twisters!

Dear Team Twister Parents,

I want to congratulate the athletes, coaches & parents on a spectacular competitive season. Everyone is proud of your daughters' ever-increasing work ethic and the amazing results they have achieved. The girls continue pushing themselves toward achieving worthy goals that they are learning to set and accomplish with their coaches' guidance & support.

I invite you to join me in thanking our staff for their dedication, commitment and support of your daughters' gymnastics.

Finally, I want to personally thank you for your role in helping Twisters be our very best. Your time, dedication, financial support & love are essential to your child's success. I look forward to working with you and appreciate your commitment to Twisters.

Respectfully,

Randy Sikora, Owner

Annual Team Awards & Water Park Party

Date: Friday May 31, 2019

Location: Coconut Cove Park

Time: 5:30-8:00

Who: Team gymnasts & families

Why: Show recognition and present gifts to each team member.

Cost: Free for team kids, \$15 each for parents & siblings.

Please let the front desk know if you are interested in helping to coordinate this event!

Contact Info

Do you have questions?
Please direct to the email addresses below.

Gary Anderson, Team Coordinator
MrMvt@aol.com

Christy Ramirez, Optional & Xcel Gold,
Platinum, and Diamond Head Coach
TwistersCoachChristy@gmail.com

Erin Hall, Compulsory & Xcel Bronze and
Silver Head Coach
Gymcoach84@gmail.com

For tuition or account questions please
contact **Elayne @ 301-466-4725 or**
elayne3333@aol.com

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Team Summer Training

American Twisters Team Summer Training

It is critical and essential that our gymnasts acquire the strength and flexibility to accomplish skills they are trying to learn. If an athlete cannot do a pullover on bars, it's not because she is uncoordinated but rather that she is simply not strong enough! A gymnast who performs a poor leap does so because she is not flexible enough to split her legs and not strong enough to lift the rear leg up to a horizontal position.

Our young gymnasts are growing. Add the fact that many gymnasts over the summer spend limited hours of training each week, it becomes a real struggle to maintain their level of skills and fitness. Traditionally, many gymnasts train for some of the summer and even then, just some of the days offered. It is not unusual for them to take off a third or even half of the summer for vacationing with their families. This is fine as long as both the athlete and parents realize that they cannot then expect to step back into a gymnastics setting and simply pick up where they left off, let alone advance to another competitive level.

On the other hand, many of the girls are so excited and thrilled with the sport that they would be in the gym 24/7 if you let them. Why then do clubs and coaches restrict or “box in” kids to train a specific number of hours throughout the summer? During the school year, it makes sense to restrict practice days and times because of school commitments. However, in the summer, why restrict those who “live for gymnastics” and have such a passion for the sport?

Gymnasts and parents are traditionally told, “...your daughter is so good that she should be at level 9...so she MUST come into the gym 5 days a week for 5 hours each day...” This is fine, but what if the gymnast doesn't want to go to gym 5 days a week? A girl who chooses the minimum training throughout the summer and at the same time experiences some physical growth more than likely will struggle to maintain her current level. On the other hand, girls who choose the maximum training program could move up one or even two levels!

The summer is used for general training and teaching skills. Those learning the specific skills for the various USAG Compulsory levels will then compete in the Florida State Compulsory program (levels 1 thru 5) with formal sanctioned competitions beginning as early as mid-August and culminating at their State Championships in December. Others will move to the Optional or Xcel competitive team program at the end of the summer and begin to prepare for competitions at the various Xcel optional levels that compete from January through May. Note: Once the compulsory level season is over in December, these girls will have the option to join in with the Optional Xcel Program and continue to compete through May before returning to the compulsory program during the next summer's training.

For these reasons, we run the Competitive Team Summer Program with tremendous flexibility and with lots of choices for the athletes and parents. For you, it is a time to “choose your intensity”! At what intensity do *you* want to train during the summer months?

Compulsories

Starting August 2019, we will have all Compulsory level gymnasts (Levels 1-5) compete in the fall season (Aug-Dec). Those who are not ready for competition in August will either repeat their current level or compete on our Xcel Team in the spring (Jan-April). In the past, we determined level placements at the end of the summer. However, with the Florida compulsory competition season starting in August, we must determine the girls' level by mid-July so they can begin learning and training routines. On July 8th and 9th the girls will be given a flexibility, strength, and skill test to help us identify what level they are potentially ready to train in the fall. All girls will be given an additional PA test during the Parent Show and Tell.

This summer all gymnasts will be able to choose the intensity (number of days) they wish to train per week. The training days are specified on the selection sheet in this packet. If your daughter should miss a summer workout, and would like to make it up, she may come on one of her "off days". Make ups can be scheduled at the front desk.

It would seem logical that those who have put in the most training hours would also be those doing the best on the post-summer test and would be ready to move onto the next competitive level. Since we do not know their new level, summer training options can be selected based on their current level.

Current Compulsory Level 1:

Gymnasts who are currently in the Level 1 compulsory program will work out in the Compulsory & Xcel "Training Group A" (see schedule inside this packet).

Current Compulsory Level 2:

Gymnasts who are currently in the Level 2 compulsory program will work out in the Compulsory and Xcel "Training Group B". If they have scored a minimum of 35 points on the Physical Abilities Test they may elect to train in the Compulsory & Xcel "Training Group C".

Current Compulsory Level 3:

Gymnasts who are currently in the Level 3 compulsory program, will work out in the Compulsory & Xcel "Training Group C". If they have scored (and maintain) a minimum of 45 points on the Physical Abilities Test (PA Test) and three 36.00 AA or two 37.00 AA in level 3, they may elect to train in the Compulsory & Xcel "Training Group D".

Current Compulsory Level 4:

Gymnasts who are currently in the Level 4 compulsory program, will work out in the Compulsory & Xcel "Training Group D".

Current Compulsory Level 5:

Current Level 5s will train in the "Optional Training Program #1 (OTP1)" under Optional Head Coach, Christina Ramirez (see the Optional Summer Training Schedule inside this packet).

Optionals

Optional level gymnastics requires a bit more time, commitment and focus than the compulsory levels. Participants can choose a training program with a more social atmosphere with participation being the main goal, while learning lots of lessons of life along the way. Others strive to push themselves to be the best they can possibly be each workout, with a goal of attaining a college scholarship. Regardless of the chosen path, we provide a program and the help to guide each girl along the way toward her goals.

Once a girl has passed the Optional level skills and PA testing, she is eligible for and can be invited to train at the optional levels. At that point the “race is on” to develop and successfully compete the “Menu of Skills” that will make her eligible for each specific level of competition and possibly being offered a college scholarship.

After working their way through several optional levels, and if the coaching staff feels a gymnast is both mentally and physically prepared, she can be invited to train in the “Advanced Optional Training Program (AOTP)”. This is the group that attracts college coaches to visit our gym and to make our athletes scholarship offers. Gymnastics scholarship offers are made as early as the summer after 9th grade, with a large percentage of offers going to girls in the summer of their 10th grade. These girls all meet the criteria of “having successfully competed” the college “Menu of Skills” on each event at Level 10.

Optional competitive levels are not determined until after our November Skill Verification. We have found that tremendous skill development can take place not only throughout the summer but also during the four months in the fall prior to the start the new competitive season in January. Twisters Optional program does a very elaborate “skills verification” system along with continued Physical Abilities testing at the end of each month during the fall. The girls’ competitive levels are then determined just prior to registering them for the competition season in January.

ALL girls in optional levels 6-10 must pass the Physical Abilities Test in order to train in any of the 2019 Optional Summer Programs. *We will be offering special clinics once a week to help anyone with their deficiencies on the PA Test.* Please remember that to “SAFELY” learn and attempt the difficult upper level skills, you must be strong and flexible enough to learn each skill. Therefore, minimum PA test scores, almost always ensure success for learning skills at the upper optional levels, not to mention giving them tremendous confidence to do gymnastics safely.

All optional level girls are given various intensities to choose from over the summer.

Current Optional Levels 6, 7 & 8:

If your daughter is currently in levels 6, 7 or 8 in the Optional Program, she will work out in the “Optional Training Program #2 (OTP2)”. Girls must pass the Physical Abilities test to participate in this program. Days and times are listed on the schedule and selection form in this packet.

Current Optional Levels 9 & 10:

If your daughter is currently in levels 9 or 10 in the Optional Program, she will work out in the “Advanced Optional Training Program (AOTP)”. This program offers a split workout 2 days a week. Invitations may also be extended to other optional level girls that the coaches feel are ready both mentally and physically to be successful in this program. Days and times are listed on the selection form in this packet.

Xcel Optional Levels:

In addition to our intense and highly competitive compulsory and optional programs, Twisters also provides the option to compete as part of our Xcel Competitive team. Our Xcel team is organized within our compulsory and optional levels. Xcel Bronze and Silver train in conjunction with our Compulsory Levels (1-5) under the direction of Head Coach Erin, while the Xcel Gold, Platinum and Diamond levels train in conjunction with our Optional Levels (6-10) under the direction of Head Coach Christy.

The Xcel competitive team is a great option for beginner and advanced gymnasts that would like a competitive gymnastics experience without the extensive time commitment that is required of the other compulsory and optional levels. We require our Xcel gymnasts to compete during the competitive season (December through May). Please note: that due to its lower training intensity, the Xcel program is not an avenue for gymnasts who eventually want to reach Level 10 and try to earn a college scholarship.

Current Xcel Bronze:

If your daughter is currently in Xcel Bronze, she will work out in the Compulsory & Xcel “Training Group B” (see schedule in this packet).

Current Xcel Silver, Gold, Platinum & Diamond:

If your daughter is currently in Xcel Silver, Gold, Platinum or Diamond she will work out in the “Optional Training Program #1 (OTP1).”

There is no PA requirement to join Xcel. Xcel Level placement for the fall is determined at the end of the summer based on skill verifications.

Important 2019 Summer Dates – (mark your calendars)

- Monday, May 27: Memorial Day (Gym Closed)
- Friday, May 31st: Team Awards and Swim Party (Coconut Cove Park from 5:30-8:00)
- Saturday, June 1 through Sunday, June 9: No Workouts
- Monday, June 10: The first day of the 9 week summer program; reminder that the 8:00 AM groups must use the entrance by the competitive beams.
- Thursday, July 4: Independence Day - Gym Closed
- Friday, July 19th: No Practice (3 day weekend for coaches and gymnasts)
- Friday, August 9: Last Day of Summer Training
- Saturday, August 10th: All levels- Show & Tell- Times TBD
- Monday, August 12 through Sunday, August 18: No Workouts
- Monday, August 19: 1st day of school year training schedule

Important Notes

- With this packet you will receive a copy of the ***“Team Twisters Summer Schedule & Selection Form.”*** ***Please be sure to return this form to the gym by April 10th*** so we can plan for our coaching staff coverage accordingly. Coming soon: You will also be able to select your workout online on our website www.americantwisters.com
- If you cannot coordinate daytime transportation during the summer, Twisters is offering special day camp rates for all team members. Additionally, Twisters offer a “CIT” (Counselor in Training) program for gymnasts ages 16+. Please see the Camp Twisters (Team Only) flyer on the last page of this packet for detailed information (including who to contact to apply for a CIT position).
- If you plan to be away from the gym this summer for 4 consecutive weeks or more, please contact your daughter's Head Coach via email to discuss arrangements and your team status. Realize that girls who miss more than 3 full weeks of summer training must take and PASS a Skill and Physical Abilities Test to be placed back onto the competitive team.

Thanks for your continued support of the Twister Program. I believe we have a competitive program in which everyone can be very proud and happy to be a part of the Twister Team Family.

Sincerely,

Gary Anderson
Competitive Team Coordinator
MrMvt@aol.com

Christina Ramirez
Optional and Xcel Gold, Platinum & Diamond Head Coach
TwistersCoachChristy@gmail.com

Erin Hall
Compulsory and Xcel Bronze, Silver & Pre-Team Head Coach
Gymcoach84@gmail.com

PS – As always, if you should have any questions or concerns, please email Gary, Christy, or Erin. It is difficult to get us on the phone since we don't take calls while coaching on the floor, but we are GREAT with getting back to you via email within 24 hours. **Please don't rely on parent “gossip”** – email us, and get the correct answer directly from the source!

****Please help us by getting your summer intensity selection chart back to our office by April 10th (even if you have to change it later). We need this in order to see how many coaches are needed each day, so we can get our coaches under contract for the summer.**

Tuition Fees & Policies

Tuition Notice:

Each year, we will have a tuition adjustment beginning June 1st. The word “adjustment” is used carefully since it is just that – an adjustment for inflation (and rising costs of operation) & the additional hours committed to the Team Program. *Please review the following pages for more information on tuition.* If for any reason this tuition increase presents a financial hardship on your family, please contact our business manager, Debbie Madiou to discuss. Debbie’s email address is debmadiou@aol.com

Team is a Bargain!

There is no doubt that joining team is a significant commitment of time, effort and money. Is it worth it? Most parents will say that other than family life, team involvement becomes the most significant event in their child’s life. Besides the obvious physical benefits, those children who become involved in team rarely accept negative influences into their lives. They learn self-discipline, how to work closely as a member of a team, how to handle themselves in a variety of situations and how to prioritize and manage their time. Parents of our team members often comment that they wished they possessed their athlete’s discipline and time management skills! Team kids are almost always excellent students. For those reasons and more, team membership is a bargain.

Team is year-round

The decision to join our team is a big one and reflects a significant year-round family commitment.

Tuition is due regardless of attendance

Team tuition is calculated on a yearly basis and then divided by 12 to arrive at the monthly amount, which is due the **first day of each month, regardless of attendance**. (*Athletes are not permitted to practice if tuition is past due*). It is important to make this next point clear - team members do not move on and off the team based on illness, injury, vacations, camps, or schedule conflicts; *you are either on the team or off the team*.

Pro-rating would cause tuition to be higher

Your monthly tuition would be higher if we had to take into account pro-rating tuition for team members. Just as your rent or mortgage payments are still due when you are away from home, your payment of team tuition is also due when your athlete is absent.

Practice Additions/Cancellations

Inevitably, over the course of a year, there will be a few practice cancellations due to meet conflicts, holidays, or other team functions. We do our best to keep these at a minimum. Likewise, there will be occasions when additional practices may be conducted in an effort to prepare for a state championship or qualifying meet. Tuition will remain constant regardless of additions or cancellations of practice. (*We always offer more practice days & longer workouts over extended school holidays*).

Injured gymnasts are expected to participate

Injured athletes are expected to participate in their normal practice sessions. In most cases, it is possible to work around injuries and turn a difficult situation into something positive by giving the injured athlete a specialized training plan to work on flexibility, strength, and specific skills not related to her injury. There is no reduction in tuition unless the injury takes you completely out of the gym for more than one month with an injury that prohibits her participation in any way. In that instance, tuition may be adjusted depending on the circumstances (on an individual case-by-case basis).

2019-2020 Tuition Schedule

Budgeting Goal of Competitive Program – To Break Even

Our budgeting goal is to break even on our competitive program as a whole (not necessarily in each level). Few people argue with that goal. However, we have found that most people tend to drastically underestimate expenses.

Setting Tuition

The team budget is based on a year-round commitment of both attendance and tuition. Tuition is calculated per training hour on a 48-week year, or 4 weeks per month. This “4-week buffer” is to account for school schedule conflicts, holidays, gym closings, missed days due to illness or vacation, etc. However, when you look at the tuition schedule below, you will see that our optional gymnasts pay significantly less per training hour than our compulsory levels. It is our expectation that a healthy balance of entry-level athletes and higher-level athletes will, when taken together, break even.

Hourly-Based Tuition Calculation “Challenge”

With a growing team program, Twisters is fortunate to provide superb training facilities, expert leadership & coaching and first class customer service. In the past year, we have experienced a challenge in budgeting approximately 3000+ “gymnast hours” (200 gymnasts X avg of 15.75 hrs per week) per week. In short, as hourly rates go down for the increase in training time for the athletes, Twisters staffing costs (our largest line item) remains constant for every hour.

Hours per week	Approx. hours per month	Monthly Tuition	Approx. cost per hour
1	4	149	37.25
4	16	378	23.63
6	24	434	18.07
9	36	495	13.74
10.5	42	525	12.51
12	48	545	11.36
14	56	610	10.89
15	60	615	10.26
17.5	70	649	9.28
20	80	689	8.61
22.5	90	744	8.26
25	100	767	7.67
27.5	110	792	7.20

Summer Camps

With summer just around the corner, you will begin to see the advertisements in the gymnastics magazines for summer sleepover gymnastics camps. The larger and most popular of these have varied programs with water activities (both pools and lakes), courage courses, photography, horseback riding, and crafts along with a full day of gymnastics classes both in the morning and afternoon. I have worked at many of these camps at times throughout my coaching career and IF you are going to send your child to a camp, I would recommend International Gymnastics Camp in the Pocono Mountains just outside of New York City. I know the owners of this camp and they do a good job of providing a varied gymnastics program along with other social activities.

With that said, let me expound on my feelings of summer gymnastics camps in general. Your first intent of sending your daughter to camp should not be to further her gymnastics talent or skills, but rather for the social, away from home experience in a fun setting. All camps hire college kids or visiting coaches who have NO CLUE as to your daughters' talent, experience, learning curve or readiness for any skill acquisition. These visiting coaches have NO IDEA what drills the girls have done, what conditioning exercises they have done, or what preparation they have had in learning or doing skills. The "camp experience" (from a coach who has been there and done that) is to allow the kids to have fun and literally "throw" them through skills into a foam pit.

The camp atmosphere is built around having fun and experiencing things "you aren't allowed to do or are not ready to do" with your coaches back home! Level 3 gymnasts would come home from camp and tell me how they "did" double back flips, yet in their normal training they could barely do ONE back flip. But, this is a "camp" experience. It is not the best thing for really learning or working on the skills and drills that you should be working on, BUT it is FUN, not to mention the cute boys, college coaches, camp skit night and getting to meet and live with other gymnasts from around the country. Groups in a camping situation are usually 10 to 15 per group, which is far more than the normal Twister 5 to 8 per group ratio.

The bottom line is that if you are going to send your daughter to "camp", sending her to a gymnastics camp is better than sending her to a generic type camp or a horseback riding camp. BUT realize that the main goal or result from this camp experience should not be that she makes significant progress toward her gymnastics development. I think it is fine for girls in the compulsory levels through xcel and even Level 7 to attend camp; but once a girl gets to Level 8 and above, a gymnastics camp will not be conducive to her progress and may even be detrimental. The Level 8's and above need to remain in the logical and progressive program designed at specific skills development that they need to be successful at the higher optional levels.

Gary Anderson
Twisters Competitive Team Coordinator

PS – Twisters will be offering a very comprehensive team program all summer long, and one that is being run by the coaches you have been and will be working with throughout the competitive season. Because of this, there is no monthly tuition deduction should you choose to attend a summer camp or go on vacation.

Camp Twisters 2019

This special is reserved for Team Athletes Only

Dear Team Parents,

Summer is an excellent opportunity for our athletes to increase their intensity, focus and training time in preparation for the upcoming competitive year. I use the word “opportunity”, but that is an understatement - in past years, gymnasts have made HUGE LEAPS (in some cases skipping levels) in their gymnastics by committing the extra time and energy available to them during the summer.

Twisters’ offers multiple training options during the summer, including split work-outs three days per week for those selected. This may present a challenge for some. Our solution is to provide a low-cost day camp option at Twisters so our athletes can take advantage of increasing their training intensity during the summer. Camp Twisters operates all day 8:30am-6pm and will “dovetail” with your daughters training schedule, providing her with fun activities and safe supervision before and/or after her workout(s).

In addition, we offer a Twisters “CIT” (coach in training) program for our gymnasts ages 16+. Since “hanging out” in the gym between workouts is not permitted, this program allows these team members the opportunity to stay at the gym all day and be productive. This non-paid program is designed to train interested gymnasts to work with young children by assisting our coaches & camp staff. If you are interested in applying for a CIT position, please contact Brittany Barnao at Brittany@americantwisters.com

Thank you and we look forward to a spectacular summer!

-Team Twisters Staff

Team Twisters Camp Rate

\$45 per day (Flat Rate)

or

\$160 per week

Drop off at 8:30am pick up at 6pm (from camp or after scheduled workout)

Reserved for Team Members only (see the office for sibling rates).

To sign up or for more information, contact the front office

2019 American Twisters Compulsory & Xcel Bronze Team Summer Schedule & Selection Form

Rates effective June 1, 2019

Schedule begins June 10, 2019

Gymnast's Name: _____

Parent's Email: _____

Intensity Categories	Circle Intensity Desired	Total Hrs/wk	Mon	Tues	Wed	Thurs	Fri	Monthly Tuition
Training Group A New team girls born 2012 or later. Choose your intensity.	High	6	OFF	3:30 – 5:30	OFF	3:30 – 5:30	3:30 – 5:30	434
	Medium	4	OFF	3:30 – 5:30	OFF	3:30 – 5:30	OFF	378
Training Group B Current Level 1's, Xcel Bronze and new team girls born 2011 or earlier, and current Level 2's who have 34 or less points on the PA Test Choose your intensity.	Super	15	12:30 – 3:30	12:30 – 3:30	12:30 – 3:30	12:30 – 3:30	12:30 – 3:30	615
	High	12	12:30 – 3:30	12:30 – 3:30	12:30 – 3:30	12:30 – 3:30	OFF	545
	Medium	9	12:30 – 3:30	OFF	12:30 – 3:30	OFF	12:30 – 3:30	495
	Low	6	12:30 – 3:30	OFF	12:30 – 3:30	OFF	OFF	434
Training Group C Current Level 2's who have at least 35 points on the PA Test Choose your intensity.	High	17.5	12:00 - 3:30	12:00 - 3:30	12:00 - 3:30	12:00 - 3:30	12:00 - 3:30	649
	Medium	14	12:00 - 3:30	12:00 - 3:30	12:00 - 3:30	12:00 - 3:30	OFF	610
	Low	10.5	OFF	12:00 - 3:30	OFF	12:00 - 3:30	12:00 - 3:30	525
Training Group D Current Levels 3's & 4's who meet the AA requirements and have at least 45 points or more on the PA test	High	20	4:00 – 8:00	4:00 – 8:00	4:00 – 8:00	4:00 – 8:00	4:00 – 8:00	689
	Medium	16	4:00 – 8:00	4:00 – 8:00	4:00 – 8:00	4:00 – 8:00	OFF	629
	Low	12	4:00 – 8:00	OFF	4:00 – 8:00	OFF	4:00 – 8:00	545

*Please circle the desired workout intensity and kindly return this form to our office by April 10, 2019 or select your workout option on our website.

2019 American Twisters Optional and Xcel Silver/Gold/Platinum Team Summer Schedule & Selection Form

Rates effective June 1, 2019

Schedule begins June 10, 2019

Gymnast's Name: _____

Parent's Email: _____

Intensity Categories	Circle Intensity Desired	Total Hrs/wk	Mon	Tues	Wed	Thurs	Fri	Monthly Tuition
Optional Training Program #1 (OTP1): Current Level 5's and Xcel Silver, Gold, Platinum	High	20	9:00 – 1:00	9:00 – 1:00	9:00 – 1:00	9:00 – 1:00	9:00 – 1:00	689
	Medium	16	9:00 – 1:00	9:00 – 1:00	OFF	9:00 – 1:00	9:00 – 1:00	629
	Low	12	9:00 – 1:00	OFF	9:00 – 1:00	OFF	9:00 – 1:00	545
Optional Training Program #2 (OTP2): Current Levels 6,7,8	High	25	9:00 – 2:00	9:00 – 2:00	9:00 – 2:00	9:00 – 2:00	9:00 – 2:00	767
	Medium	20	9:00 – 2:00	9:00 – 2:00	OFF	9:00 – 2:00	9:00 – 2:00	689
	Low	15	9:00 – 2:00	OFF	9:00 – 2:00	OFF	9:00 – 2:00	615
Advanced Optional Training Program (AOTP): Current Level 9 and 10's **Invitations may be extended to other optional level girls that the coaches feel are ready for and could be successful in this program.	High	27.5	8:00 – 12:30	8:00 – 11:30 + 12:30 – 4:00	8:00 – 12:30	8:00 – 11:30 + 12:30 – 4:00	8:00 – 12:30	792
	Medium	22.5	8:00 – 12:30	8:00 – 12:30	8:00 – 12:30	8:00 – 12:30	8:00 – 12:30	744
	Low	18	8:00 – 12:30	8:00 – 12:30	OFF	8:00 – 12:30	8:00 – 12:30	654

Please circle the intensity you desire and kindly return this form to our office by April 10, 2019 or sign up for your workout intensity online.