



SAINT JOHN'S ATHLETIC CLUB

Get ready to grow and get in better shape this summer!



CARDIO, STRENGTH AND CONDITIONING CLASSES

NEW 12-WEEK SESSION begins **TUESDAY MAY 29** through **AUGUST 16!**

Tuesdays and Thursdays 6:00pm - 7:00pm

Only \$120 for Parishioners/ \$160 for Non-Parishioners

* 1/2 price for second participating family member *

- ◆ Classes will be directed by Coach John McKenna
- ◆ Train with kettle bells, ropes and other athletic equipment
- ◆ Classes will meet on the Church grounds

To register, please complete the information below and place in collection basket or send to the Parish Office.



SJAC 2018 Summer Cardio, Strength and Conditioning Classes (May-August Session)

Name: _____ Age: _____

Address: _____

Phone: _____ Email: _____

- _____ I am a parishioner and payment of \$120 is enclosed
- _____ I am not a parishioner and payment of \$160 is enclosed
- _____ Family member of a participating parishioner and payment of \$60 is enclosed
- _____ Family member of a participating non-parishioner and payment of \$80 is enclosed

Checks should be made out to " St. John's Church". Please note *SJAC* on the memo line.

This completed form with payment can be placed in the collection basket or mailed to:

Saint John Athletic Club (SJAC) 1282 Yardville-Allentown Rd Allentown, NJ 08501