

# Junior FIT

Get fitness back into your routine.  
*For young adults ages 8-15\**



## **INSTRUCTED BY:**

Nationally Certified Personal Trainers

*\*Physician release required.*

## **SESSIONS**

*Red Bank*

*Girls: Tuesdays & Thursdays 4:15 - 5:00 pm*

*Boys: Mondays & Wednesdays 4:15 - 5:00 pm*

*Manasquan*

*Boys & Girls: Mondays & Wednesdays 4:15-5:00 pm*

*\*Additional programs available for young adults 16 and up.*

**PROGRAM FEE: \$99 / MONTH**

*Please contact 732-292-4380  
for more information & to get started*

Junior Fit meets twice per week in a small group setting and puts fun back into fitness! It is perfect for young individuals struggling with their weight.

## **BENEFITS INCLUDE:**

- Boost self esteem and coordination
- Learn how to control issues with weight
- Enhance general fitness and well-being
- Increase energy
- Reduce risk of developing diabetes and cardiovascular disease



1904 Atlantic Ave, Manasquan, NJ 08736  
325 Maple Ave, Red Bank, NJ 07701  
[www.theatlanticclub.com](http://www.theatlanticclub.com)



[ ] Junior Fit Program at The Atlantic Club

Patient is cleared for unsupervised exercise. If there are any precautions/restrictions please list here.

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Patient Information

Patient name. ....

Date of Birth . . . . . / . . . . . / . . . . .

Parent's Name: . . . . .

Parent's phone . . . . .

Provider Information

Provider name (print) . . . . .

Provider signature . . . . .

Date . . . . . / . . . . . / . . . . .

X

SIGN HERE

Provider phone . . . . .

Provider fax. . . . .

Fax completed form to:

The Atlantic Club Fitness & Wellness Center locations:

MANASQUAN, NJ

1904 Atlantic Avenue
Manasquan, NJ 08736
phone 732.223.2100
fax

RED BANK, NJ

325 Maple Avenue
Red Bank, NJ 07701
phone 732.219.5333
fax 800.853.5519

Provider Stamp