

ADULT CARDIO FACT SHEET

Welcome to the Po Chi Lam Training Center, Inc.

The Adult Cardio Class is a great way to tone and strengthen the body while burning calories.

It combines specific methods of martial arts, Pilates, endurance training and plyometrics.

It offers cardiovascular benefits and resistance training from cardio-circuit, light punching, kicking and self-defense combined with the same toning benefits provided by other types of anaerobic exercises



WHAT TO EXPECT

Use the proven techniques of martial arts, push your body to the limit, and burn 500 to 700 calories per workout. You will see and feel the difference! You will find energy and power you never thought you had! Our Cardio Class training gets you in shape!

This training will definitely increase your lean muscle mass. You will use muscles and parts of your body that you probably never use at all, and the muscles will respond.

And because the exercises we use are based on real martial arts techniques, not only are you getting in shape, but you get the added benefit of learning a few life-saving techniques that will work if ever needed.

And with exercises and classes tailored to your needs, if you're looking to get in shape - this is definitely the place for you!



HOW MUCH DOES IT COST

Class fees are only \$50 a month per person, with no long-term contracts.

We train no-nonsense, operating with the bare necessities required.

What you pay for is the quality exercise and life-changing health benefits we provide.

CLASSES SCHEDULE (AGES 13 AND UP)

TIMES	MON	WED	FRI
7:30 – 8:30 PM	Circuit Training	Kickboxing	Boot Camp

CARDIO REGISTRATION FORM

A. STUDENT INFORMATION

Last Name	First	Address	City	State	Zip
Contact Numbers		Home ()	Work Phone ()		
E-mail Address					

B. EMERGENCY CONTACT -

Contact Name: _____	Relation: _____
Address: _____	City: _____ Zip Code: _____
Phone: (day) _____	(evening) _____

C. PAR-Q (PHYSICAL ACTIVITY READINESS QUESTIONNAIRE)

	YES	NO
1. Has your doctor ever said that you have a heart condition and recommended only medically supervised activity?		
2. Do you feel pain in your chest when you do physical activity?		
3. Have you developed chest pain in the past month when not doing physical activity?		
4. Have you on one or more occasions lost consciousness or fallen over as a result of dizziness?		
5. Do you have a bone or joint problem that could be aggravated by the proposed physical activity?		
6. Has your doctor ever prescribed drugs for your blood pressure or heart condition?		
7. Are you aware, through your own physical experience or a doctor’s advice, of any physical reason that would prohibit you from exercising without medical supervision?		

If you answered “YES” to any one or more questions, please explain in detail below:

D. RELEASE AND WAIVER OF LIABILITY

I recognize that I am enrolling in the Adult Cardio and Fitness classes offered by the Po Chi Lam Training Center, Inc. I understand that there is risk of injury associated with participating in any exercise program or sports activity and I certify that I am in good physical condition and have no known disabilities that might otherwise be detrimental to my health or well-being. **I certify that all of the information provided on this application is correct and true.**

Signature: _____ Date: _____

All memberships are monthly and do not require any long-term contracts. Students may cancel their memberships at any time. However, There are no refunds given after the second class for each program. There is a \$10 administrative fee applied to all refunds.