

Classes are offered:
Tuesdays and Thursdays
8:30 am – 9:30 am/10:00 am-11:00 am
Mondays and Wednesdays
1:00 pm -2:00 pm



REGISTRATION

NAME _____

ADDRESS _____

PHONE _____ EMAIL _____

EMERGENCY CONTACT

NAME _____

PHONE _____

RELATIONSHIP _____

What motivated you to sign up for the BrainSavers class? _____

Do you currently exercise? _____ If so, what type of fitness activities do you do?

How many times a week do you exercise? _____

Do you have any physical limitations?

Is there a health history you would like to share?

Always seek the advice of your primary care physician before starting any exercise or nutrition program.

Signature _____ Date _____

Have fun exercising your body and brain!

For More information please contact Kara Thomas, Instructor at 480-980-3439 brainsavers@deserthills.org
