

Come Workout and Party at the PhillyFIT Marathon Workout!

Workout-a-thon!

Who Teaches Philly's **Hottest** Workout!

JOIN US FOR THIS WORKOUT, WINE & DINE EVENT!

COME TRY ALL TYPES OF DIFFERENT WORKOUTS!

PhillyFIT Magazine is planning a cool night of working out, dinner and post-workout social/drinks.

Saturday, March 19th, 2011 • 5:00-9:00PM
Location: Manor College, 700 Fox Chase Rd.,
Jenkintown, PA 19046.

Several different presenters showcasing many diverse workouts throughout the evening. This is a 3 hour workout with the 4th hour reserved for dinner. Come, join in and do as many workouts as you can.

Vote on the best workout of the night!

NAME: _____

STREET ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____ E-MAIL: _____

\$30.00 DUE PER PERSON

CREDIT CARD # _____ EXP. DATE _____

or CHECK # _____ & mail to 868 Central Ave., Southampton, PA 18966

MEAL CHOICE/CHOOSE ONE:

Yogurt Marinated Chicken Salad with Grapes Wrap

Roasted Vegetable Herb Wrap

Side dishes include : Rice and Bean Salad with Corn

Tossed Salad with Spinach and Egg • Baked Turkey Chili with Vegetables

Wine and Cold Beverages

Limited space - only 150 participants

Register on or before 3/1/11 \$30.00, after 3/1/2011 \$35.00 (no refunds after this date)

"I, _____, have voluntarily participated in the PhillyFIT Workout-a-Thon held at Manor College on March 19, 2011. I recognize that the Workout-a-Thon may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program. I acknowledge that my enrollment and subsequent participation is purely voluntary and in no way mandated by PhillyFIT Magazine."

"In consideration of my participation in this program, I, _____, hereby release PhillyFIT Magazine and its agents from any claims, demands, and causes of action as a result of my voluntary participation and enrollment."

"I fully understand that I may injure myself as a result of my enrollment and subsequent participation in this program and I, _____, hereby release PhillyFIT Magazine and its agents from any liability now or in the future for conditions that I may obtain. These conditions may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness that I may incur, including death."

I HEREBY AFFRIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE STATEMENTS.

_____(Participant Signature) _____(Date)

To pre-register for this event, please email Jami@phillyfitmagazine.com or fax 215-396-0288.