



Carolina Elite Soccer Academy

CESA F.I.T. Adult Training Program



Directed by Jeff Haigler and Instructed by Bridgett Lawrence

CESA F.I.T. (Functional Impact Training) will be offering Adult Training starting August 22nd, 2016. Classes will be offered Monday-Thursday of each week. Classes will vary in type including TRX, Functional Training, Tabata-Circuits & Kettlebell to give adults a fun and effective way to reach their goals of getting into shape or improving their fitness. Each session will be open to adults with any prior fitness level and will be designed to challenge the most experienced as well as the least experienced adult.

- When:** **Monday – Thursday (4 Training Sessions per week)**
- Time:** **5:30pm – 6:30pm**
- Cost:** **\$75 Per Month**
(Includes ALL Classes offered & CESA F.I.T. Training Top)
- Where:** **ALL ADULT TRAINING SESSIONS will be held at MeSA Soccer Complex**
@ the Mac Shelter
1020 Anderson Ridge Road, Greer, SC 29651

For more information, email Director of CESA F.I.T., Jeff Haigler at jeff.haigler@carolinaelitesc.com

Adult's Name: _____ Age: _____ Gender: Male: _____ Female: _____
 Address: _____ City: _____ Zip: _____
 Home Phone: _____ **Email Address:** _____
 Cell Phone Number: _____ Training Top Size: _____
 List Any Allergies / Medical Conditions: _____
 Emergency Contact Name and Phone: _____

RELEASE AGREEMENT: In consideration of the application, I the undersigned intending to be legally bound hereby, for my heirs, executors and administrators, waive and release any and all rights and claims for damage I may have against Carolina Elite Soccer Academy, Andrew Hyslop, Pearse Tormey, Jeff Haigler, Bridgett Lawrence and the Medical Staff provided by Bon Secours St. Francis Health System, Inc. for any and all injuries suffered by myself at the above said training program. I attest and verify that I am medically cleared to attend the above said training program.

***SIGNED:** _____ ***DATE:** _____

Please Return Entire Form & Check Payable to: CESA
Attn: CESA F.I.T. Adult Training Program
Carolina Elite Soccer Academy
18 Boland Court
Greenville, SC 29615
www.carolinaelitesc.com

| Office Use Only | |
|-----------------------|-------|
| Date Received | _____ |
| Amount Received | _____ |
| Cash/Check #/CC Rct # | _____ |