



PELICAN BAY FITNESS



Dear Member,

As we end a most successful season, we are already making preparations for next year. There will be just a few changes to our 2011-2012 Beach Fitness Program. Please read the following information and if you have any questions of course I am always a phone call away.

- **FOLLOWING PELICAN BAY FOUNDATION POLICY**, registration is available only to residents with valid membership status. If plan to rent next season you will need a signed lease and approval by the Foundation before you send in your 2011-2012 registration. Once you have completed the lease and approval process you will receive a member ID number from the Foundation for the term of your lease. Without a member ID number, registrations will not be accepted.
- Olea DeFore's "Body-Sculpting" class name has been changed to **Strength, Balance and Flexibility OR SBF**. Same great class, same description, just a different *name*. This class is offered at the North Beach on Tuesday, Thursday and Saturday from October thru May.
- Michele Corso and Stacey Lima **will return** to lead *Total Fitness* and *Aerobics I* at the North Beach from January through April.
- Monika Bernard continues to offer Aerobics 2 and BLT classes at the South Beach and an Aerobics 1.5 class on Saturday at the North Beach starting in October and going thru May.
- While you are encouraged to pre-register for the classes, there is always the option of being a walk-on. The walk-on fees will remain the same—\$10 for a 60 minute class and \$12 for the 90 minute Total Fitness Class, subject to availability. Historically, walk-ons enjoy an extremely high rate of participation—a great way to stay fit if you cannot commit to a full session.
- Registration forms are on the Pelican Bay website for you to print. The mail back process stays the same as in recent years. **The mail date is Thursday, June 16.**

Don't forget that Beach Fitness moves indoors for the summer! Olea will be offering Tuesday and Thursday classes June through September. Monika will offer Monday, Wednesday, and Friday classes during June and September. All classes will be at the Community Center and will cost \$10 per class. Check with the Fitness Center for a complete schedule.

Have a healthy and great summer,

Jason Ferrara

Jason Ferrara

PELICAN BAY

2011 – 2012 BEACH FITNESS REGISTRATION

Print registration forms from www.pelicanbay.org or contact Jason Ferrara at 239-597-7332. Early registration must be done by *mail*.

Indicate the class(es) and month(s) you desire. Those selecting a full session of three months for fall and/or four months for winter are processed first followed by monthly registrations using the date mailed.

MAIL DATE FOR REGISTRATION IS THURSDAY, JUNE 16, 2011

- Time and date of mailing is used for placement in classes.
- To time/date your registration purchase postage from the USPS on June 16. The printed receipt will include both time and date. Place receipt in your mailing envelope.
- Registrations mailed with only a dated postmark are placed after those with the time included. **Any postmarked before June 16 are PLACED LAST!**
- *Our friends from other countries will need to seek out the best way to send theirs.*
- Limit of two registrations per envelope.
- Mail to: **Pelican Bay Center-8960 Hammock Oak Drive; Naples, FL 34108**

Payment can be made by credit card or check

- Please total your class choice(s) to ascertain your credit card charge or the amount of your check.
- Payments are processed approximately a month after the mailing date.

Refund Policy

- Missed classes cannot be credited towards another class or refunded.
- Full monthly refunds are given when you notify the Fitness Manager before the first day of a month of your desire to cancel. There are no partial refunds.
- NO REFUNDS, credits or make-ups due to weather, with the exception of situations in which the Foundation cancels classes due to safety.
- A refund is given if there is a cancellation due to the absence of an instructor.
- Full refunds given if a class is cancelled due to an insufficient number of participants.
- Your place is non-transferable.

Confirmation

- Your cancelled check or your credit card charge is your confirmation.
- ****If you wish a written confirmation, include a self-addressed stamped envelope.**
- You will be contacted if your first choice is full and given the opportunity to make a second choice.

*Pre-Registrations are important to ensure classes will be offered.
By pre-registering you know there is a spot for you in your chosen class.
Walk-ons are welcome whenever there is available space.*

2011/2012 FITNESS REGISTRATION

Member # _____

Last Name: _____

First Name: _____

Local phone: _____

Alt. phone: _____

Email: _____ @ _____ . _____

PLEASE PRINT

____ Check here if you **DO NOT** wish to be on the Fitness Phone/Email List

Person to notify in the event of an emergency:

Name: _____

Phone: _____

PAYMENT

PRINT NAME

SIGNATURE

NAME ON CREDIT CARD

CARD NUMBER

____ **MASTERCARD**

____ **AMEX**

____ **VISA**

EXP. DATE: ____ / ____

____ I authorize Pelican Bay Foundation Inc. to charge my credit card.

____ I am paying by check.

*****Make check payable to: Pelican Bay Foundation*****

~RETURN ADDRESS~

Pelican Bay Center

8960 Hammock Oak Drive

Naples, Fl. 34108

****REFUNDS****

Missed classes cannot be credited towards another class or refunded.

FULL MONTHLY REFUNDS are given when you notify the Fitness Manager before the first day of a month of your desire to cancel. There are no partial refunds.

NO REFUNDS, credits or make-ups due to weather, with the exception of situations in which the Foundation cancels classes due to safety.

A REFUND is given if there is a cancellation due to the absence of an instructor.

FULL REFUNDS given if a class is cancelled due to an insufficient number of participants.

Your place is non-transferable.

Proper Footwear is required

RELEASE AND WAIVER OF LIABILITY

I, _____, hereby agree to the following:
(PRINT NAME)

1. That I am participating in certain Health and Fitness Classes, Programs or Workshops (“Classes”) offered by Monika Bernard, Olea DeFore, Michele Corso, Stacey Lima or any other instructor under PB Foundation during which I will receive information and instruction about health and fitness. I recognize that fitness programs require physical exertion that may be strenuous and may cause physical injury and even death. I am fully aware of the risks and hazards involved and I accept these risks.

2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Classes. I represent and warrant that I am physically fit and have no medical condition (s) that would prevent my full participation in these Classes. I also state that I have not informed Monika Bernard, Olea DeFore, Michele Corso, or Stacey Lima of any physical condition that I may have nor have I asked the instructor to modify the Class to accommodate any physical condition of mine. This includes an other instructor under PB Foundation.

3. In consideration of being permitted to participate in the Classes, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the Classes.

4. In consideration of being permitted to participate in the Classes, I knowingly, volunteer and expressively waive any claim I may have against Monika Bernard, Olea DeFore, Michele Corso, or Stacey Lima for injury or damages that I may sustain as a result of participating in the Classes. This includes an other instructor under PB Foundation.

5. I, my heirs, or legal representatives forever release, discharge and covenant not to sue Monika Bernard, Olea DeFore, Michele Corso or Stacey Lima (and any other instructor under PB Foundation) for any injury or death caused by negligence or other acts or omissions of whatever kind. My participation in the Classes is voluntary and with full personal assumption of all risks whatsoever. I am signing this Release and Waiver with the complete understanding that if I hurt myself, it is my responsibility.

I have read the above Release and Waiver of Liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

DATE: _____

WITNESS _____

SIGNATURE OF PARTICIPANT _____

2011-2012 FITNESS CLASS DESCRIPTIONS



INSTRUCTORS

*Monika Bernard
Olea DeFore
Michele Corso
Stacey Lima*



Aerobics 1: This one hour class is perfect for all levels. It starts with a warm-up leading into gentle Aerobics pace designed to strengthen your heart and bones. The class ends with abdominal work and stretching.

NORTH BEACH: M-W-F: 9:30am to 10:30am — January thru April
Taught by Michele on Monday and Friday and by Stacey on Wednesday

Aerobics 1.5: A fun intermediate low-impact Aerobics class starting with a warm-up and ending with a cool down and stretching.

NORTH BEACH: Saturday: 9am to 10am — October thru May
Taught by Monika

Aerobics 2: Enjoy a high energy low impact class with complex choreography. This class is intended for the advanced student and incorporates balance, strength, and stretching exercises at the end for a complete body workout.

SOUTH BEACH: M-W-F: 8am to 9am — October thru May
T-Th: 8am to 9am — January thru May
Taught by Monika

BLT (Buns, Legs, Tummy)/ Power Stretch: The first part of this class emphasizes the toning of buttocks, legs, abdominals, as well as your core muscles for a healthy back and good posture. To achieve a great balance between strength and flexibility the second part of the class concentrates on stretching and relaxation including Yoga and Pilates based exercises.

SOUTH BEACH: M-W-F: 9am to 10am — October thru May
T-Th: 9am to 10am — January thru May
Taught by Monika

Strength, Balance and Flexibility (SBF): Uses weight room principles of strength training of upper and lower body muscles, using weights, exer-tubes and your body weight to strengthen and shape all major muscle groups, combined with static and dynamic balance exercises to enhance sports performance and prevent falls. The class finishes with stretching for major muscles to promote functional flexibility and muscle balance. The instructor includes fitness and nutrition tips, as well as biomechanical adaptations so that each student can be successful.

NORTH BEACH: T-Th-Sat: 8am to 9am — October thru May
T-Th: 9am to 10am — October thru April
Taught by Olea

Total Fitness 90 min: Warm-up and low impact aerobic patterns to strengthen your heart and bones. Move on to total body resistance training with emphasis on core and balance finishing with abdominal work and a lengthy stretch. All levels welcome. Class is taught with modifications and intensity options.

NORTH BEACH: M-W-F: 8am to 9:30am — January thru May
Taught by Michele on Monday and Friday and by Stacey on Wednesday

2011-2012 Beach Fitness Registration

NAME: _____

MEMBER NUMBER: _____

Class	FALL SESSION			WINTER SESSION				May	Number of Months	Total
	Oct	Nov	Dec	Jan	Feb	Mar	Apr		X Cost	Per Class
NORTH BEACH:										
Total Fitness M-W-F: 8 to 9:30am Michele- Stacey - Michele									_____ X \$108	
Aerobics 1 M-W-F: 9:30-10:30am Michele- Stacey - Michele									_____ X \$72	
Strength, Balance and Flexibility T-Th: 8 to 9am Olea									_____ X \$48	
Strength, Balance and Flexibility T-Th: 9 to 10am Olea									_____ X \$48	
Strength, Balance and Flexibility Sat: 8-9am Olea									_____ X \$24	
Aerobics 1.5 Sat: 9-10am Monika									_____ X \$24	
SOUTH BEACH:										
Aerobics 2 M-W-F: 8-9am Monika									_____ X \$72	
Buns, Legs and Tummy M-W-F: 9-10am Monika									_____ X \$72	
AEROBICS 2 T-Th: 8-9am Monika									_____ X \$48	
Buns, Legs and Tummy T-Th: 9-10am Monika									_____ X \$48	
GRAND TOTAL										