

Sessions starting soon!

Have a friend, family member, coworker, or significant other who may be interested in the program? Great! We accept non-members too.

For more information or to sign up today: Email Lindsay Silbert at lsilbert@merrittclubs.com or complete the form below and return to the Welcome Desk staff at any of the Merritt Clubs locations.

REGISTER

Name

How did you hear about this program?

Address

City/State/Zip

Home Phone #

Cell Phone #

E-mail

The undersigned as or on behalf of the participant (the "Participant") in the subject program (the "Program") acknowledges and accepts the risks inherent in the use of the Merritt Clubs' facilities and participation in the Program and assumes the sole risk of injury, accident, death, loss, cost or damage to person or property that might arise therefrom, including those arising in connection with any pre-existing physical condition or impairment. The Participant agrees to abide by all policies and procedures of Merritt Clubs, which policies and procedures may be posted at the facility, issued orally and/or published, and which may be amended from time to time at management's sole discretion.

The Participant hereby grants Merritt Clubs, its instructors, employees, servants, and agents (collectively, "Merritt") the right to make photographs, audio recordings, videotape, or other electronic reproductions of the Participant's image, voice or likeness during or in connection with the Program and authorizes Merritt to use the Participant's image, voice, and likeness in drawings, photographs, videotapes, sound recordings, motion pictures or other media materials (collectively, "media materials") for promotional purposes, research, publicity or other purposes deemed appropriate by Merritt. The Participant hereby waives any right to inspect or approve any media materials that Merritt may eventually use containing the Participant's image, likeness or voice. The undersigned hereby acknowledges and agrees that all media materials are the property of the Merritt, including any copyright therein, and that the Participant may or may not be included in whatever credits are associated with the media materials.

The undersigned, individually and on behalf of the Participant and his or her heirs, personal representatives, executors, representatives and assigns, hereby releases and discharges Merritt from all claims, demands, injuries, damages, costs, expenses, liabilities, actions or causes of action whatsoever to the Participant's person or property or otherwise incurred by the Participant arising out of or in connection with (a) the use of the Merritt Clubs' facilities and participation in the Program or (b) arising from acts of active or passive negligence on the part of the Merritt or (c) the making of and release of media materials or any information concerning the media materials.

Signature

Date



12-WEEKS TO WELLNESS PROGRAM

NINE 24-HOUR LOCATIONS:

BUCKINGHAM
7585 Buckingham Blvd
Hanover, MD 21076
410.590.7711

CANTON
3401 Boston Street
Baltimore, MD 21224
410.563.0225

CRANBROOK
598 Cranbrook Road
Cockeysville, MD 21030
410.683.1800

DOWNTOWN CLUB
210 E. Centre Street
Baltimore, MD 21202
410.332.0906

ELDERSBURG
1388 Progress Way
Eldersburg, MD 21784
410.549.8855

FORT AVENUE
921 East Fort Avenue
Baltimore, MD 21230
410.576.2004

OWINGS MILLS
9710 Groffs Mill Drive
Owings Mills, MD 21117
410.581.4800

TOWSON
8757 Mylander Lane
Towson, MD 21286
410.821.0160

WHITE MARSH
5301 Campbell Blvd
White Marsh, MD 21236
410.773.9007



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INVEST IN YOUR HEALTH



Are you ready?



THIS 12-WEEK PROGRAM INCLUDES:

- Weekly meetings held in a group setting, including one hour of nutrition education and a specialized group fitness class (Value: \$600)
- One 1-on-1 session with our Health Coach (Value: \$79)
- A pre- and post- program health assessment, including goal setting (Value: \$30)
- Two individual personal training sessions (Value: \$100)
- Comprehensive Registered Dietitian-approved program guide and nutrition plan (includes all material discussed in class) (Value: \$40)
- Weekly support, accountability check-ins, and review of food journal intakes (Value: \$99)
- Use of the MYZONE® MZ-3 exercise tracker and heart rate monitor during program, and option to purchase at a discounted price (Value: \$100)
- Discounts on personal training and massage (Value: \$75)

Total Value: \$1,123

Member Cost: \$399

For non-member pricing or interest in our couples discount, contact Lindsay Silbert at lsilbert@merrittclubs.com.

At the conclusion of the program, you will be equipped with the knowledge, tools, strategies and confidence to manage your nutrition and fitness moving forward.

Participants can expect to see significant results in the 12-week program. Typical improvements are:

- Average weight loss of 1-2 pounds per week
- Waist and hip reduction
- Improvements in blood pressure, cholesterol and blood sugar levels

Merritt Clubs' 12-Weeks to Wellness Program is designed to give you the necessary tools to understand how the right nutrition and fitness plan can fuel your body. With the help of your Health Coach and our Registered Dietitian, you will create a customized nutrition and fitness plan to meet and exceed your health and wellness goals.

FITNESS THAT MATTERS™

