

## Qualified Instructors:

- Sheila Story
- Daya Nelson

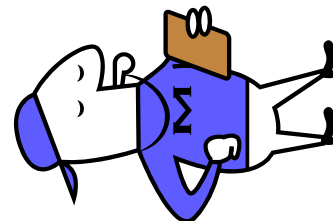
All Instructors CPR/First Aid Certified



**Our Personal Coaching/Training Philosophy** is to share knowledge of the fundamentals of the Activity/Sport with the client or athlete, through safe, enjoyable coaching/training techniques and methods. To assist the individual or athlete in setting, maintaining, monitoring, and achieving his or her goals, while developing self-confidence, discipline, and a feeling of self-worth. Above all, develop a lifestyle that will promote a lifetime of fitness and physical activity.



Tiger Fitness "In Motion"  
2110 Winthrop Rd. Suite 100B  
Lincoln, NE 68502



## Tiger Coaching & Personal Training

### Tiger Group Fitness Classes

**\$75**



*Conditioning through indoor group physical fitness classes  
Faster! Stronger! More Confident!*

*Nothing is ever achieved that stays in a dream.....  
TAKE ACTION!*

**Tel. 402-488-8280**  
[coach@tigercoaching.com](mailto:coach@tigercoaching.com)  
[www.tigercoaching.com](http://www.tigercoaching.com)



## Tiger Fitness "In Motion" Classes

- Beginner to Advanced group fitness classes structured to physical fitness training programs
- Indoor Group Training
- Yoga for strength & flexibility
- Improve muscular strength & stability
- Improve cardio respiratory endurance
- Improve Flexibility
- Improve Abs/Core Strength
- Reach your Goals
- Stay Motivated
- Improve Balance
- Enhance productivity and mental alertness
- Challenging and Innovative fitness routines
- Fun and Variety
- Qualified/Certified Trained instructors.
- Limited Class size so come early

## **Tiger Coaching & Personal Training Group Fitness Classes**

### Class Fee:

\$75 per person for a 10 class Punch Card

\$10 One Class Drop in Fee

### Registration Age:

8th Grade and Above

Limited Class Size - 2-6

### What to bring:

Bring clothes to workout in & water bottle

### Class Schedule

**Yoga** - T/Th/Sat - 10:30am

**Flow Yoga** - M/W/F/ - 4:45pm

**Group Cycling** - Call for class times

### Program Location:

Tiger Fitness "In Motion"

2110 Winthrop Rd. Suite 100B

Lincoln, NE 68502

(Aprox. 31st & South Street)

## **Call for updated Class Schedules**

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**2110 Winthrop Rd. Suite 100B**  
**Lincoln, NE 68502**

**Phone: 402-488-8280**

**Fax: 402-488-8280**

**Email: coach@tigercoaching.com**

**www.tigercoaching.com**

## TIGER COACHING & PERSONAL TRAINING GROUP FITNESS CLASS REGISTRATION FORM

Individual registration form required for each participant  
(Include registration fee payable to Tiger Coaching)

Participant Name \_\_\_\_\_

Parent Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ E-mail \_\_\_\_\_

Phone H. \_\_\_\_\_ W. \_\_\_\_\_

Male Female Date of Birth : \_\_\_\_\_

Fitness Level: \_\_\_\_\_

Limitations: \_\_\_\_\_

Age \_\_\_\_\_ Weakness \_\_\_\_\_

T-Shirt size (circle): S M L XL

Program Fee \$ \_\_\_\_\_ (enclosed)

### *WAIVER*

I know that participating in a fitness class is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained to partake the workouts of this event. I agree to abide by any decision of a Instructor relative to my ability to safely complete the class, as well as abide by any recommendation to withdraw from the class, compete at a slower pace due to conditions. I understand that the conditions are often hot and humid and there is a danger of heat related injury or even death. I assume all risks associated with participating in this program, including but not limited to: falls, contact with other participants, the effects of the weather, including heat, humidity, traffic, and the training conditions. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Tiger Coaching & its employees, and all Sponsors, their representatives, assigns, and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature \_\_\_\_\_

DATE \_\_\_\_\_

(If under 18, parent or guardian signature)

