



Spring 2011

Location - 100 Walter Baker Pl, Kanata, ON (613) 831-8085

Start Date: Saturday, April 2nd, 2011

Completion Date: Saturday, May 28th, 2011

Fitness Evaluation #1 & Orientation:

Saturday, April 2nd, 2011 @ 4pm

Fitness Evaluation #2:

Saturday, April 30th, 2011 @ 4pm

Final Evaluation & Graduation: (Congratulations Party After)

Saturday, May 28th, 2010 @ 4pm

Note: Expect Evaluations to take about 2hrs

XBT Program Includes

**2 Months of Cardio Kick Boxing
 2 Months of Weight Gym Membership
 3 Personal Weight Training Sessions
 Weekly Personal Fitness Evaluations**

**Weight Training & Nutritional Plan
 Daily Log Book & Instructional DVD
 Professional Goal Setting Seminar
 1 Mid-point Consultation**

Cost: **\$399.00** **New Member** (not a current CSMA member)
 \$349.00 **UBC or XBT Alumni**
 \$299.00 **Current CSMA member**

Note: This program is a first come first serve program. We are only taking a maximum of 50 participants. You can register in person at our reception desk at any time. Payments are to be made up front in full upon registering and all payment methods are accepted.

Important: Please bring revealing clothes for before and after pictures. The same clothing should be worn for both photos to accurately track your progress. These photos will be kept confidential if requested.

The Grand Prize awarded to the winner of the XBT will be a 1yr Unlimited Kickboxing Membership. The prize will be awarded to the MOST TRANSFORMED BODY after the completion of the course!
GOOD LUCK!

Jason Dupuis **TRANSFORMS** Ottawa

One **BODY** at a Time!

XBT
OTTAWA'S 8 WEEK XTREME BODY

RANSFORMATION COURSE

Spring 2011

NAME: _____

ADDRESS: _____

CITY: _____ POSTAL CODE: _____

HOME PHONE: _____

WORK PHONE: _____

CELL PHONE: _____

EMAIL ADDRESS: _____

HEALTH CARD #: _____

COST: \$399.00 New Member (not a current CSMA member)
 \$349.00 UBC or XBT Alumni
 \$299.00 Current CSMA Member

Payment must be made up front on signing. New members may attend all Cardio Kick Boxing and Drills classes starting immediately, up until the start of the program, Free of Charge. Once the program has begun there will be no refunds on enrollment fee.

Attention: The Xtreme Body Transformation course is a very intense 8 week program combining weight training, (non contact) cardio kick boxing, and nutrition. If you have any health concerns that may impede you from fulfilling the full 8 week program please consult your physician. I release Canadian Sport Martial Arts Academy, Jason Dupuis or Jennifer Morgan, or any other member of the club from any liability due to injuries, etc, that I may incur as a result of my attendance and/or participation in the program. I am fully aware of my personal medical condition & hereby certify that I am mentally & physically fit to participate in this class.

Signature of Contestant: _____

Signature of School
Representative: _____

Date: _____

Office use only: _____

Cash Cheque Visa Mastercard Amex Interac