

MEMBERSHIP ACTION REQUEST

Club: TASC Primary Member Name: Tiffany Anderson Member #: 56-16813

☐ New Email Address: _____

☐ New Address: Street: _____ Apt. #: _____
City/State: _____ Zip Code: _____

☐ New Telephone #: Home: _____ Work: _____ Cell: _____

☐ Change my membership status from: _____ @ \$ _____ to _____ @ \$ _____
If made by the 10th of the month, the change will be in effect for the entire month. Changes made after the 10th of the month will not go into effect until the first day of the following month. **There will be a \$25 charge for all status changes which downgrade a membership.**

THE EFFECTIVE DATE OF THIS CHANGE WILL BE: _____ Downgrade Fee: \$ _____ Upgrade Fee: \$ _____

ADD	DEL	FIRST AND LAST NAME (PLEASE PRINT)	RELATION TO PRIMARY MEMBER	DATE OF BIRTH	SEX (M OR F)	CORP USE ONLY
<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	____/____/____	_____	
<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	____/____/____	_____	
<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	____/____/____	_____	
<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	____/____/____	_____	

There is a \$10 fee to replace a lost or stolen membership card. Fee Total: \$ _____

☒ I would like to change my monthly payment processing to the method indicated below:

I authorize my bank to make my payment by the method indicated below, and post it to my membership account:

☐ Checking account (MUST ATTACH A VOIDED CHECK) ☐ Visa ☐ MasterCard

Credit Card Number: _____

☐ I choose not to utilize the EFT payment method. Instead I will be assessed a monthly billing fee of \$ _____, in addition to my monthly dues, and will be required to pay a last month's dues deposit.

I understand that I am in full control of my payment. If at any time I decide to make changes, I will write to the Club at 11344 Coloma Road, Ste 350, Gold River, CA 95670, giving at least 30 days notice.

THE EFFECTIVE DATE OF THIS CHANGE WILL BE: 2/1/19

☐ Other Change (Please Explain) _____

Member Signature: X [Signature] Date: X 2-7-19

CORPORATE OFFICE USE ONLY

DATE:	CODE	DESCRIPTION	AMOUNT	TAX	NET:
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Prepared By: _____

Approved: _____

CLUB STAFF USE

Received By: HV

Manager App. _____

Paperback

TWIN ARBORS GROUP FITNESS

AQUA CARDIO- Get your heart rate elevated with this high intensity / low impact water format that includes strength, cardio, core, balance, endurance and fun! **AQUA BOOTCAMP**- This athletic water class will challenge all fitness levels with non-swimming strength and cardio drills. You will SWEAT in the water! Swimwear with appropriate support and swim shoes are recommended.

FLOW MOTION- Our gentle and social water session. This non-impact hour in the pool is meant to help increase flexibility, range of motion and encourage a social environment.

MAX 30- A high intensity and endurance-based workout that is worth 30 minutes of your time! Expect strength moves, athletic style cardio that will challenge your endurance and core-based recoveries. This class will leave you with an after burn! **STACKED INTERVALS**- Interval driven strength and cardio moves to challenge you every week! This interval program will help you burn more calories than a regular strength training class.

DYNAMIC DUO- 30/20 class. Dynamically stretch and strengthen your body to rebalance the muscular structure. Using weights and bands for resistance, and a foam roller for myofascial and muscle release. It will hurt so good! Foam rollers are limited.

PIYO LIVE- An intense full body session that combines strength and core movement with Yoga influenced poses to leave you feeling strong, stretched and sweaty! No equipment, just your body!

PURE STRENGTH- A strength- only class that will help you build muscle strength and gain the knowledge needed for perfect form and a strong foundation! **CARDIO KICKBOX**- a non-contact class with an explosive playlist and easy to follow kicking and boxing combinations. This one-of-a-kind class will give you a complete workout leaving you drenched and empowered!

BOXCAMP- Hit your goals with this complete workout that takes essential strength training moves and your favorite kickboxing drills into one knock out workout!

ONE STOP CIRCUIT- This station-based class will push your limits and challenge you with several strength moves while using a variety of equipment and indoor or outdoor drills to burn more calories and get it done in ONE STOP!

P90X LIVE- This intense full body workout is sectioned and uses a variety of training variables and exercise techniques that will leave you drenched and completely worked!

PIYO & FLEX- Show your body some love! Whether you are looking for post-workout or just in need of a tune up, reset properly with guided mobility, balance and stretch essentials for reduced stress and enhanced flexibility. Not Yoga.

PILATES BURN- This class moves briskly through postures to keep you challenged. You will use Pilates moves and props to challenge your muscle endurance. This training will help you create a lean and flexible physique!

BARRE FUSION- This class combines the elements of Pilates, Barre and yoga. It will include short bursts of resistance training using light weights, bands, ballet barre and body weight.

SILVER SNEAKERS- This class is for active aging adults and is designed to increase muscle strength, range of movement an improve daily living activities. A chair is also provided, if needed.

R.I.P.P.E.D.- The one stop body shock! This format uses dumbbells. Each class contains resistance, Intervals, Power, Plyometrics, Endurance and Diet. This class is fun and choreographed.

YOGA MELT- We will focus on stress reduction, while stretching and opening the tight areas throughout the body. Come ready to relax into and through the different Yoga poses we explore.

YOGA STRENGTH AND GRACE- An invigorating Yoga class for every body. Begins with warming poses to get deeper into our stretching sequence. Followed with balance and toning poses to create strong muscles and graceful movement.

VINYASA FLOW YOGA- A more rigorous style Yoga concentrating on mobility and fluidity of movement to bring your practice to the next level!