

Waiver

"I fully understand that I may injure myself as a result of participation in Global Fitness Center's Tennis Tournament and I hereby release Global Fitness Center, Directors, Staff, and Tennis Coaches from any liability now or in the future including, but not limited to, heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower-back/foot injuries, and any other illnesses, soreness, or injury, however caused, occurring during or after my participation in the tournament."

I have read and understand these terms:

Name: _____

please print

Phone Number: _____

Signature: _____

WITNESS

Name: _____

Signature: _____

Date: _____

TOURNAMENT

Tournament: January 20th -22nd, 2012

Fri, Sat & Sun

Registration: At the Front Desk or mail to Global Fitness with payment

Deadline: January 16th, 2012

Draw posted at club: January 18th, 2012 at 6 PM

Limited space- sign up today

Fee:

Members

Doubles \$15.00 Per person

Non Members

Doubles \$25.00 Per person

Please indicate your level of play

4.5 () 4.0 () 3.5 ()

__ Ladies Doubles

__ Men's Doubles

Each player must fill in one of these forms

Name _____

Phone _____

Email: _____

Doubles Partner's Name _____

Are you looking for a partner? Yes

ENTRY FEES PAID:

Members

___ Doubles \$15.00

Non Members

___ Doubles \$25.00

Total Payment: _____



Play tennis year round at Global Fitness, we offer 2 outdoor & 3 indoor tennis courts, leagues and lessons for everyone.



A game for all ages:

Unlike most other sports, tennis can be played at any age, with friends and family, and in competition.

A game for Life: A study in the American Journal of Medicine showed that tennis has the highest rate

of sustainability: 33% of men who played in their 20's continued to play in mid-life, providing healthy long-term benefits.

A game for everyone: Tennis is one of the only sports where able-bodied and wheelchair players can play together.

A game that's healthier: As a low-impact, non-contact sport, tennis produces fewer injuries. In 2005, Consumer Reports ranked singles tennis as one of the best calorie-burning workouts, particularly good for the upper and lower body, offering significant cardiovascular and weight-bearing benefits.

Global Fitness

Membership Includes

Exercise your options!

- Tennis – 3 Indoor & 2 Outdoor
- 5 Racquetball Courts
- 5 Squash Courts
- 25,000 sq ft Cardio & Strength
- Group Fitness
- Yoga
- Zumba
- IFlow
- Indoor Cycle



**Annual Membership Options
see front desk for details**

- Platinum
- Gold
- Silver
- Bronze

HOURS OF OPERATION

Monday – Friday 5:30 am – 10:30 pm
Saturday & Sunday 7:00 am – 7:00 pm



CLUB TENNIS TOURNAMENT

Ladies + Men's Doubles

January 20th – 22nd, 2012

Fri, Sat & Sun

PRESENTED BY



1574 HARVEY AVE
PHONE: 250-860-6900
FAX: 250-860-7599

EMAIL:

WEBSITE: www.globalfitneskelowna.com