



REGISTRATION FORM – Bend the Bar Program

Sept. 11 – Nov. 1, 2018, Tues. and Thurs., 5:00p-6:00p.

Saturday open lift sessions with Davin, at 1pm – Sept. 22, Oct. 6, Oct. 20 and Nov 3.

PROGRAM INCLUDES:

- 16 individual group training sessions.
- Entry into the NIFS Powerlifting Competition on Nov. 10th, 2018.
- A Functional Movement Screening (FMS) with trainer.

PROGRAM COST:

Members: \$229.00, **Non-Members:** \$419.00.

Registration includes entry into NIFS Powerlifting Competition (\$35).
2 payment installments available.

TRAINING LOCATION:

National Institute for Fitness and Sport, 250 University Blvd.,
Indianapolis, IN 46202 • 317.274.3432 • nifs.org

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Daytime Phone: _____ E-mail Address: _____

If using a credit card, please pay at the NIFS Service Desk.

Total enclosed _____ Check # _____ *Please make checks/money orders payable to NIFS.*

For questions or to register, call Crystal Belen at **317.274.3432 ext. 273** or email cbelen@nifs.org

