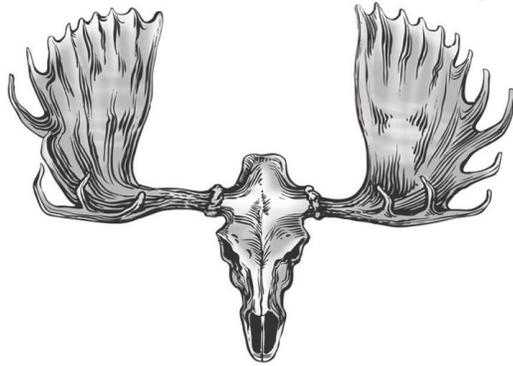


MOOSE(L)-UP



 **Redemption Club** 
~Strength Gym~

Gym Application

We believe a culture and team of passionate fitness enthusiasts, will attain uncommon success, engage life with courage and optimism, and maintain high standards of excellence.

We believe learning is a way of life. It starts with knowing yourself. If it's your desire to belong to something bigger than yourself... a group that will push, cajole and support you as well as serve as both teacher and student, then you owe it to yourself to join our Team!

We are a private training club, which means we are able to decide who we want to train with, to grow with and to count as friends. Our team and culture is highly important to us. We have and will continue to preserve it at all costs.

Step 1.

****Please write so clearly a half-blind person could read this!**

Give us your pertinent info:

Name:

D.O.B.

e-mail:

Occupation:

cell:

Address:

Step 2.

Attach a copy of your current drivers license.

Step 3.

What are your Core Values? (3-5)

- 1.
- 2.
- 3.

Step 4.

What are your Life Goals?

- 1.
- 2.
- 3.

Step 5.

Discover Your Top Personality Strengths!

Go to <http://www.41q.com> and take 5 minute test. Be honest in your answers. We'll find out the truth soon enough!!

Submit print-out or e-mail: mooselupgym@gmail.com results with application.

Step 6.

What talents, skills, knowledge or unique strengths can you contribute to Moose(L)-UP and its members? Everybody is encouraged to contribute something.

-
-
-

Step 7.

What has been your strength and conditioning experience thus far in life?

-
-
-

Step 8.

Who can vouch for you, your character and commitment?

Step 9.

Complete and Attach Waiver.

Digital copy of application and waiver available at 1daybetternow.com

Membership Dues: We do automatic monthly credit or debit card payments to make budgets either for both of us!

Single Member: \$38

Couple (same residence): \$57.15

Family (same residence): \$71.33

***MURC has seasonal athletes and students on our Team; we are willing to work with you.**

You'll have 24-7 access to gym with uniquely encoded key fob. Each fob is \$20

For additional security, gym also has security cameras.

Injuries and Tweaks:

Dr Denny Kolkebeck of Denny PT Solutions offers on-site physical therapy to MURC teammates in need of it. These services are offered at a reduced rate. If the need arises, please feel free to ask for more information.