

How to Register on ShapeUpRI.Org

- 1.** To join a team, see Ron Marocco for an access code. Or you may choose to create your own team.
- 2.** Log on to www.ShapeUpRI.org and click on "Join Now"
- 3.** On the left-hand side, select "Yes" when asked "Are you an employee of a company participating in Shape Up RI?" and then select Fore Court from the accompanying list.
- 4.** Enter your information in the fields listed, read & select "I understand and agree to the Terms & Conditions and the Privacy Policy"
- 5.** Select your Interests & Goals and click "Continue"
- 6.** Choose your divisions and if you would like to receive tips via text message and click "Continue"
- 7.** Registration is \$20.00. Click "Continue"
- 8.** Enter your shipping information and click "Continue"
- 9.** Enter your billing information and click "Continue"
- 10.** Create your own team or Join a team. To join a team you will need an access code from your team captain or Ron Marocco.



Take the Fore Court Weight-Loss Challenge! Get Fit, Feel Great & More!

For 2012, Fore Court will partner with Shape Up RI, allowing participants the opportunity to compete against over 10,000 participants throughout Rhode Island as well as compete in the in-house challenge at the club. By registering with Shape Up RI for \$20, you will receive a pedometer to track your steps and throughout the campaign, you will receive competition updates, exercise and nutrition tips, and information about upcoming events. Shape Up RI will profile teams and participants and help encourage everyone in their efforts to improve health and fitness.

As an added bonus to the competition, Fore Court is offering small group training sessions with a certified personal trainer who will guide you once a week through a work-out regiment. The motivation of training in small groups has proven to be very successful. We will offer 5 weeks of small group training for \$75 – only \$15 per session. Each session will last approximately 1 hour with times and days to be determined.

If you are interested in joining the **Fore Court Challenge**, please take a registration form and return the bottom portion to Ron Marocco.

NOTE: A fitness membership is needed to participate.

Fitness Members - \$75 (Includes 5-week training)

Tennis Members - \$175 (Includes 3-month membership & 5-week training)

Non-Members - \$215 (Includes 3-month membership & 5-week training)

*Prices do not include \$20 registration fee owed to Shape Up RI



Registration Form
Return to Ron Marocco

Fore Court Weight-Loss Challenge!

Get Fit, Feel Great & More!

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip Code: _____

E-Mail: _____ Phone #: _____

Emergency Contact Name: _____ Phone: _____

Please select the days and times you would like to attend Small Group Training:

Monday: ___ 7am ___ 9am ___ 11am ___ 5pm ___ 7pm

Tuesday: ___ 7am ___ 9am ___ 11am ___ 5pm ___ 7pm

Wednesday: ___ 7am ___ 9am ___ 11am ___ 5pm ___ 7pm

Thursday: ___ 7am ___ 9am ___ 11am ___ 5pm ___ 7pm

Friday: ___ 7am ___ 9am ___ 11am ___ 5pm ___ 7pm

Saturday: ___ 7am ___ 9am ___ 11am ___ 5pm ___ 7pm

Sunday: ___ 7am ___ 9am ___ 11am ___ 5pm ___ 7pm

I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Fore Court Racquet & Fitness Club, Inc. (the club designated by the club stamp and all its representatives, shareholders, directors, officers, employees and agents) for any and all loss, claims injury damages or liability sustained or suffered by me in connection with my participation at this club or any special event sponsored by the club at another location.

Signature: _____ Date: _____

Fore Court Weight-Loss Challenge!

Get Fit, Feel Great & More!

Pricing:

Fitness Members:

3-Month Fitness Membership: Included in Dues
5 Week Small Group Training Package: \$75
Shape Up RI Registration: \$20

Racquet Sports Members:

3-Month Fitness Membership: \$100
5 Week Small Group Training Package: \$75
Shape Up RI Registration: \$20

Non-Members:

3-Month Fitness Membership: \$140
5 Week Small Group Training Package: \$75
Shape Up RI Registration: \$20

See Ron Marocco with Questions.

401-333-4480

RMarocco@forecourtri.com