

## About Me

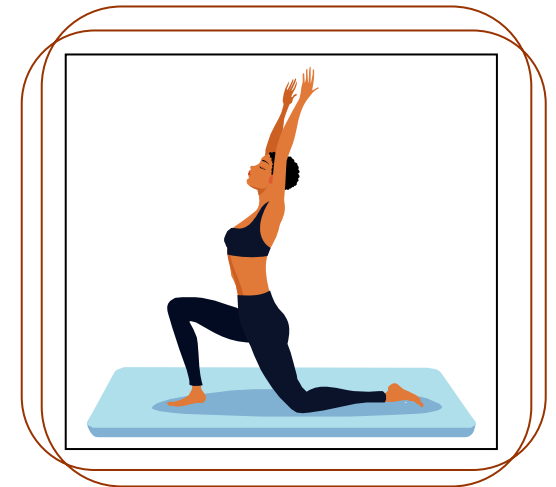
*Katie Medder*

Katie is a two-sport collegiate athlete playing volleyball and softball where her volleyball team finished 5<sup>th</sup> in the nation in the NCCAA. She's a former two-time finalist for Miami-Dade County Female Athlete of the Year. Katie was a four sport varsity athlete at Westminster Christian High School earning All-Dade in Volleyball, Basketball and Softball and All-State selections in Volleyball and Softball. She also competed in the high jump state finals. Katie is studying Exercise Physiology with a goal of completing a Masters in Physical Therapy.



## Weightless Women

With Katie Medder



Workout using your own body weight

Westminster Christian School  
6855 SW 152 Street  
Palmetto Bay, FL 33157  
Address Correction Required



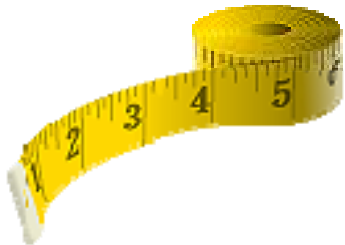
Phone: 305-632-2134  
Web site: [www.wcsmiami.org](http://www.wcsmiami.org)



## Here's how it works

This workout plan uses one's own weight to strengthen the overall body. Each workout session includes fitness walking, stretching, and floor exercises. The workouts will focus mainly on the core as well as toning the glutes, thighs, and arms. We will measure inches and body fat at the beginning and end of the month to show progress.

The summer workout schedule is flexible enough to choose from the 5 days per week, 3 days per week, or 2 days per week plan. There is also a choice of 3 different times each day. Each session will be one hour in length.



## Where and When

Each session will be held at Westminster Christian School. Come and join us after you drop-off your child at summer camp or just before you pick them up. Sign up for the Monday - Wednesday - Friday session and the Tuesday - Thursday session to get the full workout 5 days a week with a discounted price.

Each participant will receive a free T-shirt. There will be a free gift each month for the woman who loses the most inches and body fat in all sessions combined.



Mail Registration and Payment to:  
Westminster Christian School

Attn: Katie Medder  
6855 SW 152 Street  
Palmetto Bay, FL 33157

Phone: 305-632-2134  
E-mail: medder00@hotmail.com

## Weightless Women Registration Form

<i>Sign up for :</i>	<i>June 2-27</i>	<i>Time</i>	<i>Price</i>
<input type="checkbox"/>	Monday - Wednesday - Friday	9-10 AM	\$225
<input type="checkbox"/>	Monday - Wednesday - Friday	11-12 AM	\$225
<input type="checkbox"/>	Monday - Wednesday - Friday	2 - 3 PM	\$225
<input type="checkbox"/>	Tuesday - Thursday	9-10 AM	\$165
<input type="checkbox"/>	Tuesday - Thursday	11-12 AM	\$165
<input type="checkbox"/>	Tuesday - Thursday	2 - 3 PM	\$165

<i>Sign up for :</i>	<i>June 30-July 25</i>	<i>Time</i>	<i>Price</i>
<input type="checkbox"/>	Monday - Wednesday - Friday	9-10 AM	\$225
<input type="checkbox"/>	Monday - Wednesday - Friday	11-12 AM	\$225
<input type="checkbox"/>	Monday - Wednesday - Friday	2 - 3 PM	\$225
<input type="checkbox"/>	Tuesday - Thursday	9-10 AM	\$165
<input type="checkbox"/>	Tuesday - Thursday	11-12 AM	\$165
<input type="checkbox"/>	Tuesday - Thursday	2 - 3 PM	\$165

**Check two boxes for 5 days a week and pay only \$375**

T-Shirt Size (circle one) S M L XL XXL

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

### *Method of Payment*

- |                                |   |
|--------------------------------|---|
| <input type="checkbox"/> Check | <input type="checkbox"/> MasterCard       |
| <input type="checkbox"/> Cash  | <input type="checkbox"/> American Express |
| <input type="checkbox"/> Visa  |   |

Credit Card No. \_\_\_\_\_ Expire Date \_\_\_\_\_

Signature \_\_\_\_\_