

MAUNA KAUA TRAINING CENTER PRE SIGN-UP SHEET

Welcome to the MAUNA KAUA Training Center. We are currently developing a summer schedule of classes and activities. In order to cater to the needs of the community we have created a convenient “pre sign-up sheet” that will help us to determine what classes to offer and when. We will contact you asap to let you know what the scheduled summer offerings will be starting May 1st 2019.

Please check all of the classes or services you are interested in. Membership dues are determined by your needs and budget. Talk to us. We got you covered.

LIST OF CLASSES AND SERVICES: (check)

- ✧ STRETCHING
- ✧ YOGA
- ✧ WING CHUN KUNG FU
- ✧ GRAPPLING/WRESTLING
- ✧ JIU JITSU
- ✧ MMA
- ✧ SELF DEFENSE
- ✧ MEDITATION
- ✧ ROCK CLIMBING
- ✧ HIKING/MOUNTAIN TREKKING
- ✧ YOUTH DAISY RIFLE PROGRAM
- ✧ PERFORMANCE SPACE
- ✧ ALL ACCESS

PLEASE LET US KNOW:

Times and days you prefer to train: (check)

[] Mon [] Tue [] Wed [] Thur [] Fri [] Sat [] Sun
[] 5-6am [] 6-7am [] 7-8am [] 8-9am [] 9-10am
[] 10-11am [] 11-12pm [] 12-1pm [] 1-2pm [] 2-3pm
[] 3-4pm [] 4-5pm [] 5-6pm [] 6-7pm [] 7-9pm

How many days per week:(check)

[] 1-2 [] 2-3 [] 2-4 [] 4-5 [] 5-6 [] 6-7

Your contact information:

First Name: _____

Last Name: _____

Age: _____

Your previous training experience:

When do you want to start training:

Date: _____

Opening Special: The first 15 people to sign up for summer sessions (May through August) pay only \$99/month*. Plus if you do not allow your membership to lapse you can continue to train for just 99 bucks a month. [Standard rate is \$249/month and includes unlimited classes.] * Pay \$396 for summer session up front with no contracts.

Our goal is to offer quality instruction at competitive or comparable rates available in the region. Along with the special rates listed above we also offer the following discounts:

- Punch cards
- Family and Couples Discounts
- Group & Private Rates

We are currently accepting applications for future Mauna Kaua instructors. Please email us for more information. Training is available for guide and instructor positions. Come join the team!

PLEASE PUT THIS SHEET IN OUR MAIL SLOT OR HAND IN PERSON DURING BUSINESS HOURS. SEE YOU SOON!

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