Speed & Agility

Participant Information

Please fill out the following information clearly and accurately. This information will be saved in our data base for future contact information.

Date: _____ /_____ / _____
Name: _____ Date of Birth: _____ / _____ / _____

Cell / Home Phone: _____/_____ E-mail Address: _____
(needed for access to testing information)

Address: _____ ZIP Code: _____

School: _____ Grade in School: _____

Shirt Size: _____

Goals (be as specific as possible): _____
_____
_____

To set up your Functional Movement Screening please contact Spine and Sport at (816) 279-7778. This is a FREE service. Be sure to tell them you are with the B-FIT Speed & Agility.

Preferred Training Days
(check one)

____ Tuesday, Wednesday & Thursday 4:30pm

____ Tuesday, Wednesday & Thursday 5:30pm

PACKAGE OPTIONS

3 Packages - $65 per/package
3 - 30 instructional day pass
3 Packages - $45 per/package
3 - 8 instructional day pass
1 Package - $100 per/package
1 - 30 instructional day pass

B CROSS FIT
& Sports Performance

For more information or questions please call
(816) 261-4836 / bfitcrossfit.com