

**Fitness Club Information and Permission Form:**

The fitness club will consist of many cardio-respiratory and body weight exercises to get in better shape. The fitness club will be modeled after the Insanity DVD workout. This workout is a cardio-based total-body conditioning program. This program is designed to not use any free weights, but uses your own body weight in a way that you will get in great shape over the next couple of months.

**Club Mission:**

This club has been designed to give students the opportunity to get in better shape in a way that is appropriate for their age group. Students will be encouraged to participate at their full potential, but not forced to do more than they choose. In other words, students can stay with the program as much as they feel they can, but will not be made to do more than they can.

**Club Times:**

This club will meet three times per week from 3:45-4:45 approximately. Most of the workouts are an hour or shorter each day.

**Materials:**

Students will need to bring a change of clothes (shorts and t-shirt), athletic shoes, water bottle, and a towel if they choose (there will be some sweating).

**Disclaimer:**

This DVD program is somewhat intense if completed at its full rate. For this reason it has been limited to only 7<sup>th</sup> and 8<sup>th</sup> grade boys at North Augusta Middle. Again students will not be asked to do more than they choose, but I feel that it is important for everyone to know this upfront. It is age appropriate for these students and can be completed, but students will more than likely experience soreness, especially at first, and will need to make sure they take in plenty of fluids and carbohydrates and proteins (i.e. bread, pasta, meats, etc.) while engaged in this exercise program or any other form of exercise.

If you have any questions or concerns please feel free to contact me at:  
[jmedlock@aiken.k12.sc.us](mailto:jmedlock@aiken.k12.sc.us)

Thanks,  
Coach Medlock

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I give my child:\_\_\_\_\_ permission to participate in the Fitness Club at North Augusta Middle School and understand what all is involved with this Club.

Student Signature:\_\_\_\_\_

Parent Signature:\_\_\_\_\_