

SOCCEROBI

Soccerobix is a groundbreaking rhythmic fitness system that combines soccer footskills with fundamental aerobic activities into one workout. We created an innovative, effective and fun system that fitness system that helps people to quickly get in shape and achieve total wellness, while enjoying the great game of soccer. It's designed to enhance overall Fitness through soccer related activities. The system is comprehensive, versatile, motivational and easy to follow and focuses on cardio vascular endurance, agility, flexibility and muscle strength.



Sign up now!

Dates: Saturdays March 6th—27th

Time: 10am-11am

Location: Reston, VA - Field TBA

Cost: \$40

First name _____ Last name _____

Date of birth _____ Age _____ Sex: Girl _____ Boy _____ (please check)

Email _____

Address _____

City _____ State _____ Zip _____

Home phone _____ Mobile phone _____

Medical consent form

My child is in good normal health and has my permission to participate in all training activities. In addition, I authorize Golden Boot Soccer Training LLC to act for me in securing medical treatment in the event of an emergency, illness or injury. Tamir Linhart soccer training assumes no responsibility and will not be held liable for any accident resulting in medical, dental, or any other expenses. Each participating child is required to carry personal medical insurance coverage and understands the risks involved in playing competitive soccer.

Parent's signature _____ Date _____

Print Parent's name _____

**For more information please visit
www.GoldenBootSoccer.com or call 703-287-0088**

