

4ME MEMBERSHIP FORM

Name _____

Address _____

Phone (home) _____

Phone (cell) _____

Phone (work) _____

Email _____

Emergency Contact (name and phone) _____

Signatures on waiver are required before participation in any trips. Meetings are open to everyone.

Mail Alpha UPKUDO Karate and Fitness membership form, signed waiver, and annual dues to the address below. Annual dues are \$75 for individuals, and \$150 for families. Dues are not pro-rated for partial year membership and are non-refundable.

A Better Body.us

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Havana, FL 32333

850-514-4335

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<http://www.abetterbody.us>

<https://www.facebook.com/ABetterBodyHealthAndSafety>