Fitness Retreat and Spa
AT BALCONES SPRINGS

October 22nd – 24th, 2010

Name: _____

E-mail Address:_____

Phone Number: _____

Cabin Request: **Single (additional $50/person)** ☐ **Double (additional $25/person)** ☐ **Triple** ☐ **Quad** ☐

Roommate (s): _____

Birth Date: _____ **Occupation:** _____

Emergency Contact: _____ **Relationship:** _____

Business Phone: _____ **Home Phone:** _____

My goal for my stay is_____
Based on your goal, please number the following fitness options in order of priority (1=high, 6=low)

☐ **Rest and Renewal** ☐ **Mind/Body** ☐ **Weight Loss & Behavioral**
☐ **Cardiovascular** ☐ **Strength** ☐ **Flexibility**

Nutrition
Do you have any medically related dietary concerns that may need attention during your stay? ☐ **Yes** ☐ **No**

If yes, please explain (include any food restrictions or allergies):_____

Breakfast Beverage: _____ **Milk: 2%** ☐ **Non-fat:** ☐

Fitness
My lifestyle is: _____ **Sedentary** _____ **Moderately Active** _____ **Very Active. I travel** _____ **times per year.**

Current Stress Level: 1 2 3 4 5 6 7 8 9 10 (Low … High)
Current Fitness Level: 1 2 3 4 5 6 7 8 9 10 (Poor … Fair … Excellent)

Number of active hours per week:

☐ **Walking** ☐ **Running** ☐ **Swimming**
☐ **Tai Chi** ☐ **Meditation** ☐ **Relaxation**
☐ **Aerobics** ☐ **Weight Training** ☐ **Tennis**
☐ **Personal Trainer** ☐ **Yoga** ☐ **Other:**_____

Package Options (Please Select One):
Three-day Fitness Retreat*……$450 + hotel & sales tax ☐
Three-day Fitness Retreat with Spa Package……$600 + hotel & sales tax** ☐
*All packages are based on tri-occupancy and include accommodations, meals, beverages, snacks and classes.
**Spa option adds manicure, pedicure, & 55 minute massage (additional massages available for $100)

Please Guarantee my Reservation by: ☐ **Visa** ☐ **Mastercard** ☐ **American Express**

CC Number: _____

Exp Date:_____ **Security Code:**_____

Billing Adress:_____
(Street)

_____
(City) (State) (Zip Code)

Would you be interested in the following activities:

☐ **Water Aerobics** **(Included with package; subject to weather and participant sign up)**

☐ **Trail Ride on Horseback** **(Additional $35 per person; subject to weather)**

To secure reservation, please fax or e-mail completed form to Jennifer Jones
830-693-6478 or jjones@cbsretreats.com
A Deposit of 50% will be charged upon receipt of this Reservation Form. Thank you!