

Spring 2010

Walker Ice & Fitness Outdoor Boot Camp Class

This Boot Camp class is a four week outdoor fitness program that offers motivational training designed to help you reach your fitness goals.

This class will incorporate cardiovascular exercise, basic training drills such as push-ups, plyometric drills, jump roping and more! This will definitely get you into shape and push your workouts to the next level.

All fitness levels are welcome.

Classes are offered Monday-Thursday

6:00-7:00 PM

Session 1: March 8th -April 1st

Session 2: April 12th-May 7th

If weather is bad we will hold class indoors in the Fitness Center

****You must pre-register for this class!***

- ◆ Lose Weight
- ◆ Gain Strength
- ◆ Increase Endurance

Boot Camp Registration

4-week sessions

6:00-7:00 PM Monday – Thursday

Session 1: March 8th - April 1st

Session 2: April 12th – May 7th

Name: _____ Phone: _____
Home Cell

Address: _____ City: _____ Zip: _____

Monday Tuesday Wednesday Thursday Total Enclosed: _____

Session (circle all that apply) 1 2

Please make checks payable to: *Walker Ice & Fitness Center*

Visa Mastercard Account Number: _____ Exp. Date: _____

Monday-Thursday 6:00-7:00 PM

\$45.00/one day per week

\$55.00/two days per week

\$65.00/three days per week

\$75.00/four days per week

Walker Ice & Fitness Center is hereby relieved of any and all responsibility for any injury sustained by the above participant while participating in this Boot Camp program. Any and all claims against Walker Ice & Fitness Center Precipitated by any such injuries are hereby waived. Permission is granted to the Walker Ice & Fitness Center to obtain any necessary emergency services at the expense of the undersigned, should injuries be incurred. Permission is granted for photographs and pictures to be taken and released to Walker Ice & Fitness Center for publication.

Name

Date

Print Name