



**NO FRILLS  
BOOT CAMP**

Get tough. Get results.

# Alcona County Boot Camp

Dates: January 6<sup>th</sup> – February 12<sup>th</sup>

6:30 pm Tues/Thurs

Held at Alcona High School/Elementary School

### Cost:

\$75.00 for New BAC Boot Campers

\$65 for Alumni BAC Boot Campers

Name:

Age:

Phone:

Email:

List Any Days Unable to Attend:

Reasons for Wanting to Join?

Specific Fitness/Weight Loss Goals?

How did you hear about it?

List any physical limitations, injuries, recent surgeries or existing health conditions (i.e. asthma, arthritis, low back pain, strained muscles, sprains or fractures).

For questions or more information please contact BAC at 989-356-5600.  
Applications can be faxed to 989-356-8078.  
Mailed to: 1501 W. Chisholm Alpena, MI 49797