



**NO FRILLS
BOOT CAMP**

Get tough. Get results.

Bay Athletic Club Boot Camp
Three Weeks. Get Tough. Get Results.
Meets @ BAC
(Mon*, Tues, Thurs)
8am (Sat*)

Cost: \$50.00 Members; \$75.00 Non-members

Name:

Age:

Phone:

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).

Fax to: 356-8078 to drop off at BAC front desk.