



**Bay Athletic Club
LOW IMPACT
BOOT-CAMP**



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| Get tough. Get results. | Get tough. Get results. | Get tough. Get results. |
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BAC Low Impact Boot camp
 Meets @ BAC
 5:45AM Tues. & Thurs.
 8AM Sat. @ Plaza Pool
 Cost: \$50 Members, \$75 Non-members

Name:

Age:

Phone:

Email:

List Any Days Unable to Attend:

Reasons for Wanting to Join?

Specific Fitness/Weight Loss Goals?

Are you a repeat boot-camper?

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.