



**POWER 90  
BOOT CAMP**

Get TOUGH. Get LEAN.

## **BAC Power 90 Boot camp** **30 Days. Get Tough. Get Lean.**

**Wednesday's 6am @ East Campus (TRX and Strength Workout)**  
**Sunday's @ 4pm @ BAC (P90X Workout!)**

**Cost: \$100 BAC Members**  
**\$125 Non-members**

**Name:**

**Age:**

**Phone:**

**Email:**

**Reasons for Wanting to Join?**

**Specific Fitness/Strength 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).**

**Please return to BAC Front Desk, Call Tracie @ 989.356-5600 with questions or Fax to 989-356-8078.**