ROGERS CITY BOOT CAMP

Get tough. Get results.

Bay Athletic Club Rogers City Boot Camp

Four Weeks. Get Tough. Get Results.
6pm (Tues, Wed, Thurs)
Meets @ ARMC Rehab Center

Cost: $65.00 Boot Camp Alumni; $75.00 New Boot Campers

Name: **Age:** **Phone:**

Email:

List Any Days Unable to Attend:

Reasons for Wanting to Join?

<u>Specific</u> 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.