



**NO FRILLS  
BOOT CAMP**

Get tough. Get results.

**BAC Rogers City Bootcamp  
Six Weeks. Get Tough. Get Results.**

**6 PM  
November 4<sup>th</sup> - December 16<sup>th</sup>  
(Tuesday, Thursday)**

**Cost: \$75.00**

**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).**

**For questions or more information please contact  
Casey at 989-356-5600 or [Casey@BayAthleticClub.com](mailto:Casey@BayAthleticClub.com)  
Applications can be faxed to 989-356-8078.**