



**NO FRILLS  
BOOT CAMP**

Get tough. Get results.

# Rogers City Boot Camp

Dates: January 6<sup>th</sup> – February 12<sup>th</sup>

6:00 pm Tues/Thurs

Held at BAC Fitness Center inside the ARMC Rehab Facility

**Cost:**

\$75.00 for New BAC Boot Campers

\$65 for Alumni BAC Boot Campers

**Name:**

**Age:**

**Phone:**

**Email:**

**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 BAC at 989-356-5600.  
Applications can be faxed to 989-356-8078.  
Mailed to: 1501 W. Chisholm Alpena, MI 49797**