



**NO FRILLS  
BOOT CAMP**

Get tough. Get results.

# Rogers City! Boot Camp Express: Spring Break Style!

Dates: March 3<sup>rd</sup> – March 26<sup>th</sup>  
6:00 pm Tues/Wed/Thurs  
Held at ARMC Rogers City Rehab

**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