



**NO FRILLS  
BOOT CAMP**

Get tough. Get results.

**BAC Turbo Bootcamp  
January 19<sup>th</sup> – January 30<sup>th</sup>  
10 Days. Get Tough. Get Results.**

**LIVE Kickoff at BAC Turbo Party  
Monday, January 19<sup>th</sup> at 5:30 p.m.  
Former ACC East Campus Gym**

**Cost: \$95.00 for NEW participants (includes full at-home DVD package)  
\$30.00 for Turbo Boot Camp ALUMS**

**Name:**

**Age:**

**Phone:**

**Email:**

**We accommodate all schedules.** Workouts are at-home on own time, and many choices for LIVE workouts at BAC. BONUS group workout on Saturday, January 24<sup>th</sup> at 7:30 a.m.

**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).**

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