



**NO FRILLS
BOOT CAMP**

Get tough. Get results.

BAC Turbo Bootcamp
September 2nd - September 12th
10 Days. Get Tough. Get Results.
Circle One: September 2nd at 6 AM or 8 AM
(Optional Live Turbo Saturday, September 6th at 7 AM)
Cost: \$50.00 Members; \$75.00 Non-members

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).

Please return to BAC Front Desk or Fax to 356-8078.