



**NO FRILLS
BOOT CAMP**

Get tough. Till The End.

BAC ROCKY Bootcamp Application

Get Tough. Till the end.

Name:

Age:

Phone:

Month You Are Interested In:

Time You Are Interested In (Circle one): **6 AM**

6 PM

List Any Days Unable to Attend:

Reasons for Wanting to Join?

Specific Fitness 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).

Fax to: 356-8078 or drop off at BAC front desk.

