



April 25 - June 1

**Registration Deadline: April 21** (There must be 4 participants registered by 4/21 for the class to be offered.)

**\*Registrations received after 4/21 will be charged a \$10 late fee.**

## SUMMER SHRED

Summer Shred Boot Camp is a 6 week challenge for members and non- members looking to get in shape and tone up for the summer. Those who enlist must commit to the 6 week training camp which includes a 1 hour intense boot camp group training session each week and daily orders assigned by a "drill sergeant" to be completed individually by participants. Weekly orders will be given at the end of each training session. "Boot Camp Orders" cards need to be filled out and returned to the trainer at the group session each week.

**Participants may enlist in either Platoon 1, Platoon 2, or Platoon 3:**

	Day	Dates	Time	Location
Platoon 1	TUES	April 25, May 2, 9, 16, 23, & 30	12:00 pm - 1:00 pm	Grounds at Choice
Platoon 2	THURS	April 27, May 4, 11, 18, 25, & June 1	5:45 am - 6:45 am	Grounds at Choice
Platoon 3	THURS	April 27, May 4, 11, 18, 25, & June 1	5:45 an - 6:45 pm	Grounds at Choice

**Boot Camp Fees:** \$100.00 for members/session  
\$125.00 for non-members/session

**Instructor:** Veronica Lien

**Classes that have at least 4 participants will allow walk-ins. Walk-in Cost: \$20/member | \$25/non-member**

**Participants must fill out a Par Q and sign a consent form to participate.**

### FITNESS PARTICIPATION POLICY:

As much as we would like to offer all of our "Group Training" classes regardless of the number of participants, it is not cost effective for us to do so. Class pricing is determined by a **minimum** number of participants **registered and paid in full prior to the session start date**. If a session is underway and a member has received permission from the trainer to do a walk-in class (only if there is room) they may pay the walk-in fee. **NO REFUNDS OR MAKE UPS.**

## CHOICE SUMMER SHRED BOOT CAMP REGISTRATION FORM | APRIL 25 - JUNE 1

Name: \_\_\_\_\_  
Address: \_\_\_\_\_

Phone: \_\_\_\_\_  
City/St/Zip: \_\_\_\_\_  
Email: \_\_\_\_\_

*I hereby acknowledge my health to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained while attending this program. I also understand that any medical bills that I incur due to injuries will be my responsibility or the responsibility of my family health insurance plan.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ (Must sign before participating in program)

### PLEASE SELECT THE PLATOON IN WHICH YOU WOULD LIKE TO PARTICIPATE:

*Participants must register for entire 6 week session.*

**PLATOON 1** \_\_\_\_\_  
April 25 - May 30  
TUES | 12:00 pm

**PLATOON 2** \_\_\_\_\_  
April 27 - June 1  
THURS | 5:45 am

**PLATOON 3** \_\_\_\_\_  
April 27 - June 1  
THURS | 5:45 pm

### PLEASE CHECK WHETHER YOU ARE A CHOICE HEALTH & FITNESS MEMBER or NON-MEMBER:

\_\_\_\_ **Member** (\$100.00/session)  
\_\_\_\_ **Non-Member** (\$125.00/session)



# **CHOICE** HEALTH & FITNESS **SUMMER SHRED** **BOOT CAMP**



APRIL 25 - JUNE 1

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