



WINTER SESSIONS

Session I: Jan. 9 - Feb. 3

(Registration Deadline: Jan. 4) ** \$10 late fee after deadline

Session II: Feb. 6 - March 3

(Registration Deadline: Feb. 2) ** \$10 late fee after deadline

TRX INFERNO

FIRE UP YOUR NEW YEAR!

TRX Inferno is a Boot Camp for members and non-members looking to get in shape and challenge their core. Classes include creative combination workouts like you've never seen before! Participants will use a variety of equipment including the TRX Suspension Trainer, Bosu, Kettlebell, Ropes, Medicine Balls, and more to train the entire body. Those who enlist must commit to the 6-week TRX Boot Camp consisting of 1-hour sessions of intense training. Each week the workout is custom-designed to train anyone for a leaner, stronger, and faster body. Get ready to fight through the burn and see results!

	Day(s)	Time	Location	Cost
Platoon 1	TUES & THURS	5:30 - 6:30 am	ICON	\$225.00 (member) / \$300 (non-member)
Platoon 2	SATURDAY	9:00 - 10:00 am	ICON	\$115.00 (member) / \$190 (non-members)

Instructor: Zeb Miller

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 TRX INFERNO BOOT CAMP REGISTRATION FORM | WINTER SESSION

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 SESSION IN WHICH YOU WOULD LIKE TO PARTICIPATE:

____ Session I: Jan. 9 - Feb. 3

____ Session III: Feb. 6 - March 3

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

Participants must register for entire 6 week session.

PLATOON 1 _____

PLATOON 2 _____

T & TH | 5:30 - 6:30 am

SAT | 9:00 - 10:00 am

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

PLATOON 1 _____

PLATOON 2 _____

____ Member (\$225)

____ Member (\$115)

____ Non-Member (\$300)

____ Non-Member \$190

For office use only: Ring up registrations under "FITNESS PROGRAM". Add \$10 late fee for registration after deadline.

CHOICE HEALTH & FITNESS **TRX** INFERNO BOOT CAMP

**ALL CORE ALL THE TIME
MAKE YOUR BODY YOUR MACHINE**

Get leaner, stronger, and tighter with this full body workout that blends strength & explosive movement through the TRX Suspension trainer.

