



August 28 - October 4

**Registration Deadline: August 24** (There must be 4 participants registered by 8/24 for the class to be offered.)

**\*Registrations received after 8/15 will be charged a \$10 late fee.**

## FALL BODY SHRED BOOT CAMP

Fall Shred Boot Camp is a 6 week challenge for members and non-members looking to get in shape and tone up for the fall. Boot Camp includes a 1 hour intense group training session each week. Sessions include body weight exercises, use of tires, ropes, pipes, and other alternative equipment. Everything can be modified to fit your fitness level. Weekly orders will be assigned at the end of each training session by the "drill sergeant" to be completed individually by participants. "Boot Camp Orders" cards need to be 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	August 28, Sept. 4, 11, 18, 25, & Oct 2	12:00 pm - 1:00 pm	Grounds at Choice
Platoon 2	THURS	August 30, Sept. 6, 13, 20, 27, & Oct 4	5:45 am - 6:45 am	Grounds at Choice
Platoon 3	THURS	August 30, Sept. 6, 13, 20, 27, & Oct 4	6:00 pm - 7:00 pm	Grounds at Choice

**Boot Camp Fees:** \$110.00 for members/session  
\$135.00 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**

### 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 FALL BODY SHRED BOOT CAMP REGISTRATION FORM | AUG. 28 - Oct. 4

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 the entire 6 week session.*

**PLATOON 1** \_\_\_\_\_  
Aug. 28 - Oct. 2  
TUES | 12:00 pm

**PLATOON 2** \_\_\_\_\_  
Aug. 30 - Oct. 4  
THURS | 5:45 am

**PLATOON 3** \_\_\_\_\_  
Aug. 30 - Oct. 4  
THURS | 6:00 pm

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

\_\_\_\_ Member (\$110.00/session)  
\_\_\_\_ Non-Member (\$135.00/session)



**CHOICE** HEALTH  
& FITNESS

**FALL  
BODY**

# BOOT CAMP



AUG. 28 - OCT. 4

**Fall Body Shred Boot Camp is a 6 week challenge for members and non-members looking to get into shape and tone up for the fall.**

**Those who enlist commit to the 6 week training camp which includes an intense 1-hour Boot Camp group training session each week and weekly orders from a “drill sergeant” to be completed individually.**

