



CHOICE HEALTH & FITNESS

SUMMER
SHRED

BOOT CAMP



JULY 8 - AUGUST 30

Summer Shred Boot Camp is an 8 week challenge for members and non-members looking to get into shape and tone up for the summer.

Those who enlist commit to the 8 week training camp which includes 1-hour intense Boot Camp group training sessions each week and weekly orders from a “drill sergeant” to be completed individually.



July 8 - August 30, 2024

Registration Deadline: July 3 (Must be 4 participants registered by July 3 for the class to be offered)

***Registrations received after July 3 will be charged a \$10 late fee. *Walk-ins require instructor approval.**

SUMMER SHRED

Summer Shred Boot Camp is an 8-week challenge for members and non-members looking to get in shape and tone up for the summer. Boot Camp includes a 1 hour intense group training session each week. Sessions include body weight exercises, use of tires, ropes, pipes, med balls, 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" which are to be completed individually by participants. "Boot Camp Orders" cards need to be returned to the trainer at the group session each week.

Drill Sergeant: Veronica Lien | This class will be held outdoors weather permitting.

PLATOON	DAY	DATES	TIME	LOCATION	COST
Platoon 1	Tues	July 9, 16, 23, 30, Aug 6, 13, 20, 27	12:00 - 1:00 pm	Choice Health & Fitness Grounds (weather permitting)	\$144.00 for members \$184.00 for non-members
Platoon 2	Tues	July 9, 16, 23, 30, Aug 6, 13, 20, 27	5:45 - 6:45 pm	Choice Health & Fitness Grounds (weather permitting)	\$144.00 for members \$184.00 for non-members
Platoon 3	Thurs	July 11, 18, 25, Aug 1, 8, 15, 22, 29	5:45 - 6:45 am	Choice Health & Fitness Grounds (weather permitting)	\$144.00 for members \$184.00 for non-members

Classes with 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 SUMMER SHRED BOOT CAMP REGISTRATION FORM | JULY 8—AUGUST 30

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 8 week session.

PLATOON 1 _____
July 9 — Aug 27
TUES | 12:00 pm

PLATOON 2 _____
July 9 — Aug 27
Tues | 5:45 pm

PLATOON 3 _____
July 11— Aug 29
THURS | 5:45 am

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

_____ **Member** (\$144.00/session)
_____ **Non-Member** (\$184.00/session)