



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



## **APRIL 25 - JUNE 15**

**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.**





# April 25—June 15, 2023

**Registration Deadline: April 23** (There must be 4 participants registered by April 23 for the class to be offered.)

**\*Registrations received after deadline 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. This class will be held outdoors weather permitting.

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

	Day	Dates	Time	Location
<b>Platoon 1</b>	TUES	April 25, May 2, 9, 16, 23, 30, June 6, & 13	12:00 - 1:00pm	Choice Health & Fitness
<b>Platoon 2</b>	TUES	April 25, May 2, 9, 16, 23, 30, June 6, & 13	5:45 - 6:45pm	Choice Health & Fitness
<b>Platoon 3</b>	THURS	April 27, May 4, 11, 18, 25, June 1, 8, & 15	5:45 - 6:45am	Choice Health & Fitness

**Boot Camp Fees:** \$144/member (\$184 /non-member) **Drill Sergeant:** 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 SUMMER SHRED BOOT CAMP REGISTRATION FORM | April 25—June 15

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** \_\_\_\_\_  
April 25—June 13  
TUES | 12:00 pm

**PLATOON 2** \_\_\_\_\_  
April 25—June 13  
TUES | 5:45 pm

**PLATOON 3** \_\_\_\_\_  
April 27—June 15  
THURS | 5:45 am

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

\_\_\_\_\_ **Member** (\$144/session)

\_\_\_\_\_ **Non-Member** (\$184/session)