

# 2012

## *Move it to lose it*

### *12 Week Boot Camp*

**January 9—March 30, 2012**  
**Monday—Friday**  
**5:30AM—6:30AM**

**Boot Camp is all about gaining strength, reducing fat, increasing flexibility and feeling great!**

**Doors open at 5:20am every day. All that's needed is a water bottle, sweat towel and a winning attitude.**

**\$900 Members or  
\$1020 Non Members  
(May make 3 post dated  
payments)**

**Stop by the front desk to register  
or contact  
Veray Wool at  
5121-698-2294  
with any questions.**

**All Fitness Levels Welcome!**



**Please fill out and return to the front desk by January 6th**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Birthday

AGE: \_\_\_\_\_

\_\_\_\_\_  
Address

T-shirt Size:    S    M    L    XL

\_\_\_\_\_  
City, State, Zip Code