

8 WEEK WINTER BOOT CAMP 2008

Boot Camp is a results-driven conditioning program that runs twice weekly, at 60 minute durations per session.

It is conducted in an outdoor environment, utilizing a military-style format, coupled with the most progressive, innovative, and creative exercises in fitness.

Boot Camp is also a great way to get individualized attention while learning to enhance your health and perfect your routine. It consists of a small group of individuals that have the same interests in fitness.

Boot Camp Session Packages

Member/Non-Member Prices

**\$75/\$100
per 8 week session**

Please mark which class you are taking.

Day Boot Camp

**Mondays &
Fridays**

**11:30 AM-12:30
PM**

**October 27th–
December 26th**

Day Boot Camp

**Tuesdays &
Thursdays**

**11:30 AM– 12:30
PM**

**October 27th–
December 26th**

Night Boot Camp

**Tues., Wed.,
Thurs.**

5:30-6:15 PM

**October 21st–
December 18th**

Mission Statement:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Registration Form

Participant Name:

DOB:

Address:

Zip Code:

Phone:

() _____

Alt. Phone:

() _____

Is this your first boot camp class?

Yes

No

Par -Q -Answer Yes or No

____ 1. Has a doctor ever said that you have a heart condition and recommended only medically supervised activity?

____ 2. Do you have chest pain brought on by physical activity?

____ 3. Have you developed chest pain in the past month?

____ 4. Have you on one or more occasions lost consciousness or fallen over as a result of dizziness?

____ 5. Do you have a bone or joint problem that could be aggravated by the proposed physical activity? If so, what _____

____ 6. Has a doctor ever recommended medication for your blood pressure or a heart condition?

____ 7. Are you aware, through your own experience or a doctor's advice, of any other physical reason that would prohibit you from exercising without medical supervision? If so, why _____



**DeVos-Blum Family YMCA of Boynton Beach
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