

# **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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