

BOOT CAMP & BASIC TRAINING AT THE MAX

CHECK APPROPRIATE BOXES: Member Non-Member 1st Boot Camp Repeat Boot Camper

NAME: _____ AGE: _____

Phone #1: _____ Phone #2: _____

Email Address (PRINT): _____

CHOOSE YOUR PROGRAM:

6-WEEK BOOT CAMP PROGRAM - Boot Camp is a structured program offering the most accountability at the most affordable price. The program includes diet education, Workbook (\$20 for repeaters), 3 InBody body analysis & dog tags. Minimum requirements: 4 Boot Camps/wk, 9 miles/wk, 1 diet class. Includes unlimited Basic Training & Boot Camp Classes. One class counts as 3 miles. Cost: \$350 (Add \$53.50 for a discounted 6-week membership)

4-WEEK BOOT CAMP PROGRAM - Includes training 5 days a week at 5:30pm, diet education, Workbook (\$20 for repeaters), 3 InBody body composition analysis & dog tags. Minimum requirements: 3 Boot Camps/wk, 6 miles/wk. Cost: \$150 (Add \$26.75 for a discounted 4-week membership)

BASIC TRAINING - Basic Training offers the flexibility of a class schedule with the guidance and structure of personal training at a price you can afford. Basic Training is a cross between personal training and boot camp classes. This program is best for someone who only can't commit to a 4 or 6-week program. Each day your trainer will target a specific body part just like personal training, all while keeping your heart rate up in order to burn as many calories as possible. Classes marked Basic Training are challenging full body boot camp workouts. Cost: Choose from the Basic Training Packages.

CHOOSE YOUR TRAINING TIME: 8:00am/7:30am 5:30pm 6:30pm

BASIC TRAINING PACKAGES

# sessions	1	3	5	10	20	30	50	UNLIMITED MONTHLY	UNLIMITED COUPLE	6-WEEK BOOT CAMP*
Package Price	20	55	80	150	200	275	400	200	350	350*
Price/class	20	18.33	16	15	10	9.17	8	8.33	7.29	(300/repeaters) 8.33

*Includes Unlimited Training, Diet Support & Workbook. Membership not included. Discounted 6-week membership is \$53.50.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ARMS	BUTT & LEGS	CHEST & ABS	BACK & SHOULDERS	BASIC TRAINING	BASIC TRAINING	BASIC TRAINING
18 8:00am 5:30pm 6:30pm	19 7:30am 5:30pm 6:30pm	20 8:00am 5:30pm 6:30pm	21 7:30am 5:30pm 6:30pm	22 8:00am 5:30pm	23 9:00am 10:15am Diet Class at Longevity Fitness Club	24 9:00am Obstacle Course Workout at Longevity
25 8:00am 5:30pm 6:30pm	26 7:30am 5:30pm 6:30pm	27 8:00am 5:30pm 6:30pm	28 7:30am 5:30pm 6:30pm	29 8:00am 5:30pm	30 9:00am	31
1 8:00am 5:30pm 6:30pm	2 7:30am 5:30pm 6:30pm	3 8:00am 5:30pm 6:30pm	4 7:30am 5:30pm 6:30pm	5 8:00am 5:30pm	6 9:00am	7 5:00pm Run Bridge Meet at Riverside
8 8:00am 5:30pm 6:30pm	9 7:30am 5:30pm 6:30pm	10 8:00am 5:30pm 6:30pm	11 7:30am 5:30pm 6:30pm	12 8:00am 5:30pm	13 9:00am 10:15am Diet Class	14
15 8:00am 5:30pm 6:30pm	16 7:30am 5:30pm 6:30pm	17 8:00am 5:30pm 6:30pm	18 7:30am 5:30pm 6:30pm	19 8:00am 5:30pm	20 9:00am	21
22 8:00am 5:30pm 6:30pm	23 7:30am 5:30pm 6:30pm	24 8:00am 5:30pm 6:30pm	25 7:30am 5:30pm 6:30pm	26 8:00am 5:30pm	27 9am 'The Loop' Run bridges. Meet at Riverside	28

FINAL SCHEDULE WILL BE RELEASED ON ORIENTATION DAY as we may add more classes depending on enrollment.

-----FOR OFFICE USE-----

RETURN FORM WITH \$30 NON-REFUNDABLE DEPOSIT BY JAN 13TH TO SECURE YOUR SPOT.

COST: _____ Package \$350/Regular 6wk BC \$300/Repeater 6wk BC \$150 IRCSD 4-Wk Program
 Discounted membership for non-members: \$53.50/6wk Membership \$26.75/4wk Membership **Extras:** \$20 Extra Book

TOTAL: _____ Deposit: \$ _____ Due: \$ _____ Paid by: \$ CC Staff: _____ DATE: _____

(Deposit will be applied to total cost)