

BOOT CAMP REGISTRATION FORM

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

NAME: _____ **AGE:** _____

Phone #1: _____ **Phone #2:** _____

Email Address (PRINT): _____

PROGRAMS OFFERED

REGULAR BC – 6 Week program. Minimum requirements: 4 Boot Camps/wk, 9 miles/wk, 1 diet class. Includes Squad **AND** platoon training (schedule below).

SENIOR 4 WEEK BC* - 4 squads a week held Mon-Thur at 10:00am only. Minimum requirements: 3 boot camps/week, 6 miles/week and one diet class.

IRCS D 4-WEEK BC* - 5 squads a week Mon-Fri at 4:30pm only. Minimum requirements 3 boot camps/week, 9 miles/week and one diet class.

OCOED BASIC TRAINING – Boot Camp training program offered at Longevity Max. Ask our staff for the program schedule and prices.

All Boot Camps include diet education, Boot Camp Workbook (\$20 for repeaters), 3 InBody body composition analysis & dog tags.

You may take Step, Kickboxing or Spinning class for your miles. One class counts as 3 miles.

SQUAD TRAINING SCHEDULE

★ These training times are set times you meet with your team each week. Regular Boot Camp also includes Platoon Training.

| TIME | DAYS | SQUAD | \$ new/repeat | PROGRAM TYPE | RANK: 1st, 2nd, 3rd CHOICE |
|---------|------------------------------|--------------|---------------|------------------------|----------------------------|
| 5:30AM | M/TH week 1-5 & TU/F week 6 | BANJO | \$350/300 | REGULAR BC | |
| 8:00AM | MON/WED | PAULA | \$350/300 | REGULAR BC | |
| 9:00AM | MON/WED | SHARON | \$350/300 | REGULAR BC | |
| 10:00AM | MON-THU (4 WEEK COURSE) | SENIOR SQUAD | \$150/150 | *SENIOR 4WK BC | |
| 11:00AM | M/TH wk 1,3,4,6 & M/W wk 2,5 | BANJO | \$350/300 | REGULAR BC | |
| 3:30PM | MON-FRI (4 WEEK COURSE) | IRCD SQUAD | \$150/150 | *IRCS D EMPLOYEES ONLY | |
| 4:30PM | MON-FRI (4 WEEK COURSE) | IRCD SQUAD | \$150/150 | *IRCS D EMPLOYEES ONLY | |
| 5:30PM | MON/WED | PAULA | \$350/300 | REGULAR BC | |
| 6:30PM | MON/WED | SHARON | \$350/300 | REGULAR BC | |

NOTE: The sooner you complete registration (completely form & paying deposit), the better chance you have getting your first choice.

PLATOON TRAINING SCHEDULE (FOR REGULAR BOOT CAMP ONLY)

★ Platoons offer a variety of times to get additional training in addition to your Squad Training.

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------|----------------------------------------|-----------------------------------|-----------|-------------------------------------------------------------------------|---------------------------------------|-------------------------------------------------------------------|-----------------------------------------------|
| | ***** FIRST INBODIES ***** | | | | *NOTE: Classes are subject to change. | | |
| | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 1 | SQUAD DAY | 9:00am Paula 6:00pm Sharon | SQUAD DAY | 9:00am - Paula 6:00pm - Banjo | 9:00am - Paula 5:30pm - Sharon | 10am – Diet Class 11:00am – Paula | Finish Your Books |
| | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| 2 | SQUAD DAY | 9:00am - Paula 6:00pm - Sharon | SQUAD DAY | 9:00am - Paula 6:00pm – Sharon | 8:00am – Sharon 5:30pm - Paula | 9:00am - Banjo | |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3 | SQUAD DAY | 9:00am - Paula 6:00pm - Banjo | SQUAD DAY | 9:00am - Paula 6:00pm - Sharon | 9:00am - Steve 5:30pm – Banjo | 9:00am - Steve | 5:00pm Run Meet at Riverside |
| | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 4 | SQUAD DAY | 9:00am - Paula 6:00pm - Sharon | SQUAD DAY | 9:00am - Paula 6:00pm - Banjo | 8:00am - Paula 5:30pm - Sharon | 10:00am Diet Class | 9:00am - Banjo Weight Training Workshop |
| | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 5 | SQUAD DAY | 9:00am - Paula 6:00pm - Sharon | SQUAD DAY | 9:00am - Paula 6:00pm - Sharon | 9:00am - Steve 5:30pm - Banjo | 9:00am – Banjo Friends & Family Day ALL BOOT CAMPERS | |
| | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 6 | SQUAD DAY | 9:00am - Paula 6:00pm - Banjo | SQUAD DAY | 9:00am - Paula 6:00pm - Sharon | 8:00am – Paula 5:30pm - Banjo | 9:00am – ‘The Loop’ Run bridges. Meet at Riverside Park. | |
| | ***** LAST CHANCE TO DO INBODIES ***** | | | CONSULT YOUR PHYSICIAN PRIOR TO BEGINNING ANY DIET AND FITNESS PROGRAM. | | | |

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

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

COST: \$350/Regular 6 Week BC \$300/Repeater 6 Week BC \$150 Senior/Teacher 4-Week 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)