

4-WEEK SENIOR BOOT CAMP

STARTS MONDAY, APRIL 26TH

Senior Fit Boot Camp is a complete fitness and weight loss program designed specifically for seniors. Modified exercises allow seniors, or younger people with physical limitations, to benefit from Longevity's Boot Camp program while exercising safely at your own pace. Longevity's Boot Camp programs are not performance-based programs - but based on effort, meaning the program simply requires you to give your best. All ages, sizes and fitness levels are encouraged to participate. Participants should be in good physical health and should see their physician prior to joining any diet or exercise program.

Program includes: Longevity Boot Camp Workbook, 4 group boot camp trainings per week, support and 3 InBody composition reports. GAIN strength, balance, flexibility, confidence and knowledge...and LOSE weight in this challenging, but safe program designed just for seniors!

Schedule: Classes are held Monday - Thursday at 10am.

Program Cost: \$150/members, \$175/non-members

COMPLETE THE FOLLOWING TO REGISTER:

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

NAME: _____ **AGE:** _____

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

Email Address (PRINT): _____

List any physical limitations: _____

I want to take boot camp to (check all that apply): Lose Weight Get Stronger Get Healthier Tone up

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

RETURN FORM WITH \$30 NON-REFUNDABLE DEPOSIT TO SECURE YOUR SPOT.

(Deposit will be applied to total cost)

WRITE CHECKS PAYABLE TO: Longevity Boot Camp

RETURN FORM WITH \$30 DEPOSIT. FINAL ENROLLMENT DUE BY 4/26/10.

You will receive 3 InBody tickets for your Inbodies once you finalize enrollment & payment.

TOTAL COST: **MEMBERS** - \$150 **NON-MEMBERS** - \$176.07 (\$150+\$26.07 for membership. Includes Tax)

TOTAL DEPOSIT/PAID: _____ Paid by: \$ CC Staff: _____ DATE: _____ TOTAL DUE: _____