

4-WEEK IRCSD BOOT CAMP

STARTS MONDAY, MARCH 1ST

NOTE: This program is open to ALL Indian River County Employees - not just teachers.

Program includes: Longevity Boot Camp Workbook, 5 group boot camp trainings per week, diet support, online boot camp forum and 3 InBody body composition reports to track progress.

Schedule: Classes are held Monday - Friday at 4:30pm at Longevity Fitness Club & Spa. Longevity's coed club, Longevity Max Fitness, will also offer COED classes at the coed facility. The minimum requirement is 10 people registered for either program.

Requirements: Participants are required to attend 3 out of the 5 classes each week and log additional miles a week. Participants should be in good physical health although it is NOT required to be in "good shape" before you register. This program will GET you in good shape! All you have to do is just show up – we do the rest!

COST: \$150/program *(no additional taxes)*

Add: \$25 for non-members for 4wk membership *(\$26.75 with tax) Includes free childcare, full use of the facility & all classes.*

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.

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

TOTAL DEPOSIT/PAID: _____ **Paid by:** \$ CC Staff: _____ **DATE:** _____
(Deposit will be applied to total cost)

TOTAL DUE: _____