



CHOICE HEALTH & FITNESS

SUMMER SHRED

BOOT CAMP



APRIL 27 - JUNE 17

Summer Shred Boot Camp is an 8 week challenge for members and non-members looking to get into shape and tone up for the summer.

Those who enlist commit to the 8 week training camp which includes 1-hour intense Boot Camp group training sessions each week and weekly orders from a “drill sergeant” to be completed individually.



April 27 - June 17, 2021

Registration Deadline: April 22nd (There must be 4 participants registered by Apr 22h for the class to be offered.)

***Registrations received after April 22nd will be charged a \$10 late fee. **Walk-ins require instructor approval.**

SUMMER SHRED

Summer Shred Boot Camp is an 8week challenge for members and non-members looking to get in shape and tone up for the summer. Boot Camp includes a 1 hour intense group training session each week. Sessions include body weight exercises, use of tires, ropes, pipes, med balls, and other alternative equipment. Everything can be modified to fit your fitness level! Weekly orders will be assigned at the end of each training session by the “drill sergeant” which are to be completed individually by participants. “Boot Camp Orders” cards need to be returned to the trainer at the group session each week. This class will be held outdoors weather permitting.

Participants may enlist in either **Platoon 1, Platoon 2, or Platoon 3:**

	Day	Dates	Time	Location
Platoon 1	TUES	April 27, May 4,11,18,25, June 1,8 & 15	12:00 - 1:00pm	Choice Health & Fitness
Platoon 2	THURS	April 29, May 6,13,20,27, June 3,10 & 17	5:45 - 6:45am	Choice Health & Fitness
Platoon 3	THURS	April 29, May 6,13,20,27, June 3,10 & 17	5:45 - 6:45pm	Choice Health & Fitness

Boot Camp Fees: \$144.00 for members/session **Drill Sergeant:** Veronica Lien
\$184.00 for non-members/session

FITNESS PARTICIPATION POLICY:

As much as we would like to offer all of our “Group Training” classes regardless of the number of participants, it is not cost effective for us to do so. Class pricing is determined by a **minimum** number of participants **registered and paid in full prior to the session start date**. If a session is underway and a member has received permission from the trainer to do a walk-in class (only if there is room) they may pay the walk-in fee. **NO REFUNDS OR MAKE UPS.**

CHOICE SUMMER SHRED BOOT CAMP REGISTRATION FORM | APRIL 27 - JUNE 17

Name: _____ Phone: _____
 Address: _____ City/St/Zip: _____
 Email: _____

I hereby acknowledge my health to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained while attending this program. I also understand that any medical bills that I incur due to injuries will be my responsibility or the responsibility of my family health insurance plan.
 Signature: _____ Date: _____ (Must sign before participating in program)

PLEASE SELECT THE PLATOON IN WHICH YOU WOULD LIKE TO PARTICIPATE:

Participants must register for entire 8 week session.

PLATOON 1 _____ April 27 - June 15 TUES 12:00 pm	PLATOON 2 _____ April 29 - June 17 THURS 5:45 am	PLATOON 3 _____ April 29 - June 17 THURS 5:45 pm
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PLEASE CHECK WHETHER YOU ARE A CHOICE HEALTH & FITNESS MEMBER or NON-MEMBER:

_____ Member (\$144.00/session)
 _____ Non-Member (\$184.00/session)