



[www.bootcampbabe.com](http://www.bootcampbabe.com) TM

## SPRING BREAK SHAPE UP

MARCH 1 – APRIL 2

MONDAYS, WEDNESDAYS AND FRIDAYS 5:45-6:45 A.M.

ST. CHRIS GYM

COST: \$135

EQUIPMENT: JUMP ROPE, LEVEL 3 RESISTANCE TUBE, 6 LB MEDICINE BALL

\*All equipment can be purchased through Boot Camp at a cost of \$48\*

PLEASE MAKE CHECK PAYABLE TO BOOT CAMP BABES AND MAIL WITH COMPLETED FORM TO:

BOOT CAMP BABES  
2839 WILDFLOWER  
ROCKY RIVER, OH 44116

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
E-mail address (v.v. important!)

\_\_\_\_\_  
Mailing address

I agree to and assume all risks involved in participating in Boot Camp Babes and do for myself, my heirs, executors, administrators and assignees waive, release and forever discharge any and all rights, claims or liabilities which I may have or which hereafter accrue to me against Boot Camp Babes and all their representatives, successors and assigns arising out of my participation in this event. Furthermore, I understand that I have been advised by Boot Camp Babes to consult with my physician prior to beginning any exercise program.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date