

Mini BOOT CAMP

Drill Sergeant: Liz Brown, BS, ACE



Tuesdays & Thursdays

6:30 —7:15 A.M.

OR

Wednesdays & Fridays

12:30 - 1:15 P.M.

July 7th - 31st

This 4 week BOOT
CAMP is designed to get
you out of your workout
rut and into summer
shape!

Cost:\$60 mbrs.

\$85 non-mbrs.

SIGN UP NOW!!

Limited to the first 12

For more information ask at the front desk or email Liz at
liz@phfitness.com!

WANT THAT EXTRA KICK OUT OF YOUR WORKOUT?



„THEN LACE UP YOUR SHOES...IT'S TIME FOR BOOT CAMP!!

Recruits will train both indoors and out, so please dress appropriately.

Mini Boot Camp Registration

Name _____ Date _____

Address _____

Home Phone _____ Work Phone _____

Email Address _____

Cost: \$60 members \$85 non-members

Total amount: _____

Payment (Please circle)

Visa Mastercard Discover American Express Check
Cash On Account

Member/guest warrants and represents that they are in good physical condition, is physically able to undertake all physical activities and to use the facilities of Pinnacle Health and Fitness, Inc and has no disability, impairment, or ailment preventing member/guest from engaging in activity or passive exercise, or that will be detrimental to one's health, safety, comfort, or condition if guest does so engage or participate. By execution of this agreement and pursuant to Wisconsin statutes, section 895.525, participation in recreational activities, member/guest assumes full risk and responsibility for any injuries or damages which may occur to guest in, on, or about the Pinnacle Health and Fitness, Inc. facility and that the Pinnacle Health and Fitness, Inc. its owners, employees, and agents shall not be liable and are hereby forever released and discharged of any claims, demands, actions or causes of action, and damages, present or future, whether the same be known or unknown, anticipated, or unanticipated, to member/guest or member/guest's property arising out of and connected with the use of the services or facilities provided by Pinnacle Health and Fitness, Inc. Member/Guest's sole and exclusive remedy in the event of breach of this agreement by Pinnacle Health and Fitness, Inc shall be a refund of any payment.

Signature _____ Date _____