



ANDERSON TOWNSHIP PARK DISTRICT

BOOT CAMP, adult

Register in advance. What kinds of people take a Boot Camp class? People just like you! Successful boot campers are at all different fitness levels and ages. If you want to experience; weight loss, more energy, improved strength, improved self-esteem and have fun, then boot camp is for you! You will be led through a combination of cardio intervals, plyometrics, body weight exercises, and strength training. Break out of your workout rut! Classes taught by Sharon Chamberlin an ACE-Certified Personal Trainer, Boot Camp Instructor, NESTA Fitness Nutrition Coach and Spencer Institute Lifestyle Fitness Coach. **Questions?** (513) 388-4513

Fax: (513) 231-4190 **Hotline:** (513) 357-6629 x1 **Location:** Beech Acres Park RecPlex

Spring Session 1: Tuesdays &/OR Thursdays, April 10 – May 3 **Time:** 6:00pm – 7:00pm

Spring Session 2: Tuesdays &/OR Thursdays, May 8 – May 31 **Time:** 6:00pm – 7:00pm

Price (per session): Tuesdays & Thursdays (8 classes) \$72 Anderson Res; \$82 Non-Resident
Tuesdays OR Thursdays (4 classes) \$40 Anderson Resident, \$50 Non Resident

BOOT CAMP ~ Spring 2012

Participant's Name _____ Birthdate ___/___/___ Email _____

Parent's Name (if applicable) _____ Phone (h) _____ (c) _____

Address _____ City _____ State _____ Zip _____

List any allergies, medical conditions, or any medications _____

Emergency Contact Name (different from above) _____ Phone _____

SPRING SESSION: # 1

SPRING SESSION: # 2

___ T & TH (8 classes) \$72 Anderson Res, \$82 Non-Res

___ T & TH (8 classes) \$72 Anderson Res, \$82 Non-Res

___ Tue (4 classes) \$40 Anderson Resident, \$50 Non Resident

___ Tue (4 classes) \$40 Anderson Resident, \$50 Non Resident

___ Thur (4 classes) \$40 Anderson Resident, \$50 Non Resident

___ Thur (4 classes) \$40 Anderson Resident, \$50 Non Resident

Total Due: \$ _____

Total Due: \$ _____

Office Use Only: Date _____ Total Paid \$ _____ Cash ___ CC ___ Check # _____ Ck Name _____ Staff _____

Make checks payable & return to: Anderson Township Park District, Beech Acres Park RecPlex • 6915 Beechmont Ave • Cincinnati, OH 45230

Registrations accepted on a first come, first served basis and are subject to the completion of payment and *Release of Liability & Authorization*.

The ATPD may cancel or alter programs pending registration numbers.

RELEASE of LIABILITY & AUTHORIZATION: I hereby release the Anderson Township Park District (ATPD) and Beech Acres Parenting Center and their respective Boards, employees, agents and instructors from all responsibility in the event of accident or injury. I also authorize the ATPD to publish any pictures or video taken during the program for which I've registered, and to use my e-mail address to send me ATPD information.

Parent/Adult Participant Name _____ Signature _____ Date _____

Visa _____ MasterCard _____ Card # _____ 3 Digit Security Code (Located on BACK of Card): _____

Expiration Date _____ Name on card _____