

Do I have to be in shape to join?

NO! The point of this program is to GET you in shape. There are really only two basic fitness requirements: (1) your physician approves of you participating in this fitness program and (2) because the program involves running, you need to be able to complete a mile or two in some combination of running or walking.



Registration

Name: _____

Phone: _____

Address: _____

Email: _____

Paid: Check _____ Cash _____

Date: _____

Boot Camp

with Leanne Boyd
ACE Certified Personal Trainer

2010 Schedule



Boot Camp fee needs to be paid in full *prior* to your assessment. Fee is nonrefundable. Prorates not available.

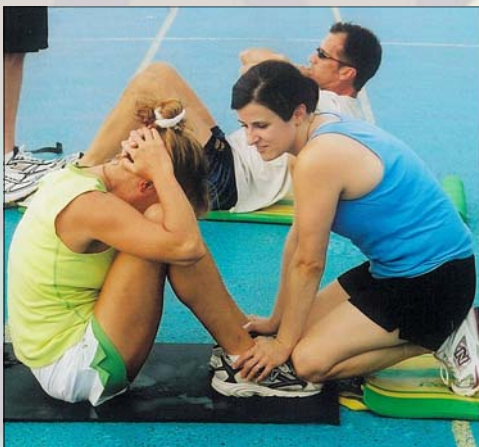
Because this camp is outside, you will need to provide your own exercise mat.



943 Maple Drive
Morgantown, WV 26505
(304) 599-2515
www.healthworksrf.com

About Boot Camp...

Boot Camp is a physical conditioning program that combines the benefits of one-on-one camaraderie and the motivation of working in a group with others just like you. In Boot Camp, fitness is done the old fashioned way—with sit-ups, push-ups, pull-ups, running, and a whole lot of sweat.



Boot Camp is six weeks, three days a week, and will meet for one hour and fifteen minutes each day. Workouts are based on a combination of strength and cardiovascular exercises. Push-ups, pull-ups, squats, and other strength builders along with a combination of running drills will keep you moving.

Each participant will receive a fitness assessment to establish a baseline of their fitness level. Based on your fitness assessment, goals will be set. You will then have six weeks to achieve your goals.

Boot Camp will be held at HealthWorks and various locations in Morgantown.



Boot Camp schedule:

Monday, Wednesday, Friday

5:00am—6:15am

Or

8:45am—10:00am

Or

Monday, Wednesday, Thursday

5:30pm—6:45pm

Session 1—April 12 to May 21

Session 2 – June 2 to July 16

(no class 07/02—07/05)

Session 3 – July 26 to Sept. 3

Session 4 – Sept. 13 to Oct. 22

Session 5—Oct. 25 to Nov. 19

(Session 5 is 4 weeks with no evening classes. Cost for session 5 is \$110 for members and \$135.00 for non-members)

Please call our fitness receptionist to sign up at (304)599-2515.

PLEASE NOTE: Payment is required at the time of sign up.

Boot Camp Fee

Member Rate: \$160.00

Non-Member Rate: \$185.00

Upon completion of Boot Camp, non-member participants who wish to join HealthWorks will receive a \$25.00 discount on initiation fee.