

Fitness

BOOT CAMP

At Sardis Forest Swim & Racquet Club



**BUILD
MUSCLE
BURN
FAT**



**LOOK
GREAT**

- **July 15-August 23**
- **Saturday mornings, 7:30 a.m.-8:30 a.m.**
- **Tuesday mornings, 7:00-8:00 a.m.**
- **Monday and Wednesday evenings, 7:30-8:30 p.m.**
- **\$10 per session for SFSC members; \$15 to the public**
- **Limited to the first 30 participants**
- **Advance registration required see reverse**
- **Designed for men and women of all fitness levels!**

**NEW THIS
SESSION:**

**1 FITNESS
ASSESSMENT:
SATURDAY JULY 12**

All SFSC members are welcome to come to a FREE fitness assessment session at 10:00 a.m. on the tennis courts July 12. Whether you participate in boot camp or not, this is an opportunity to have a trainer assess your fitness level and give you personalized advice and recommendations.

NEW RATES 2

SFSC members now pay just \$10 per session. The boot camp is still open to the public; non SFSC members pay only \$15 per session.



BOOT CAMP *FAQs*

What kind of results can I expect? It depends on how much you put in. If you come to four sessions week and follow a reasonable diet you can expect to **lose up to ten pounds** (some men might lose even more), increase your muscle mass, and reduce your body fat percentage by several points.

I'm not in that great of shape. Can I do boot camp?



The activities are designed so that men and women of **all ages and fitness levels can participate**. Expect to feel some muscle soreness, especially at first. That said, this is an extremely high intensity, challenging activity. If you have specific health concerns you should consult your doctor before doing boot camp.

What do I need to bring? An exercise mat (not a yoga mat please), lots of water, a set of small hand weights (5-8 lbs), and supportive footwear.

Do I pay the entire fee in advance? You can pay for all your sessions up front, or just send in a \$30 deposit with your registration form and pay the balance by May 31.

What if I want to sign up for additional sessions after I start? No problem—just call the number below and let us know.

REGISTRATION FORM: Send this form with either full payment or \$30 deposit to 8712 Rittenhouse Circle, Charlotte, NC 28270. Space is limited to 30 participants; register early!

Full Name:			
Address:			
Phone:			
Email:			
Birthdate (include year—this is confidential!):		Rate your fitness level (1-10):	
Number of sessions:	Amount enclosed:		
To help us with our planning, please let us know which days you plan to attend boot camp. You can attend any sessions regardless of what you indicate here.	Monday evenings	Wednesday evenings	
	Tuesday mornings	Saturday mornings	

Make checks payable to Sardis Forest Swim Club. Questions? Contact Jessica Otto: 704-364-5132 ejotto@earthlink.net.