

WINTER BOOTCAMP

For a Different Kind of Strength

WHO: Any Adult Ready to Step Up Their Level of Fitness!

WHAT: Total Body Strength Training and Cardiovascular Conditioning

WHERE: St. Luke Parish School Gymnasium
(519 Ashland Avenue, River Forest, IL 60305)

WHY: Start Off the New Decade Right!

WHEN: Monday and/or Thursday Sessions 6:00 a.m. - 7:00 a.m.

DATES: Jan. 4th to Jan. 28th

BRING: Remember to Bring: Exercise Mat, Water Bottle
and Dumbbells (5-10 lbs.)

COST: One Session per Week = \$80 2 Sessions per Week = \$160

Please fill out and bring with payment to the first session.

Name: _____ Phone Number: _____

Email: _____ Choose to attend one or both sessions Mondays Thursdays

Address: _____ City: _____ Zip: _____

Pay by Credit Card: Visa Mastercard Discover Card #: _____ Exp. Date: _____

Name Appearing on Card: _____ Security Code: _____

Make checks payable to:

Power Performance Camps.

Send to: Power Performance Camps, P.O. Box 5856, River Forest, IL 60305



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QUESTIONS? CALL JOHN HAYLEY 773-620-9015 • www.powerperformancecamps.com