

# WINTER ADULT BOOTCAMP

For Men & Women Who are  
**TIRED** of Making **EXCUSES**

Choose from 1 or More of the Camps Below:

## Adult Fitness Boot Camps - River Forest

St. Luke Parish School Gymnasium  
519 Ashland Ave., River Forest, IL 60304

**1-A**

November 2011 - \$160

**Time:** Mon. & Wed. 6:00 am - 7:00 am

**Dates:** Nov. 14<sup>th</sup> to Dec. 7<sup>th</sup>

**1-B**

December 2011 - \$160

**Time:** Mon. & Wed. 6:00 am - 7:00 am

**Dates:** Dec. 12<sup>th</sup> to Jan. 4<sup>th</sup>

**1-C**

January 2012 - \$160

**Time:** Mon. & Wed. 6:00 am - 7:00 am

**Dates:** Jan. 9<sup>th</sup> to Feb. 1<sup>st</sup>

**1-D**

February 2012 - \$160

**Time:** Mon. & Wed. 6:00 am - 7:00 am

**Dates:** Feb. 6<sup>th</sup> to Feb. 29<sup>th</sup>

## Adult Fitness Boot Camps - Melrose Park

Sports & Fitness Center  
1000 North 25th Ave., Melrose Park, IL 60160

**2-A**

November 2011 - \$200

**Time:** Sun. 11:15 am, Tue. & Thur. 6:00 pm

**Dates:** Nov. 15<sup>th</sup> to Dec. 8<sup>th</sup> (No class Thur. 11/24)

**2-B**

December 2011 - \$200

**Time:** Sun. 11:15 am, Tue. & Thur. 6:00 pm

**Dates:** Dec. 11<sup>th</sup> to Jan. 5<sup>th</sup> (No class Sun. 12/25 or 1/1)

**2-C**

January 2012 - \$240

**Time:** Sun. 10:15 am, Tue. & Thur. 6:00 pm

**Dates:** Jan. 8<sup>th</sup> to Feb. 2<sup>nd</sup>

**2-D**

February 2012 - \$240

**Time:** Sun. 11:15 am,  
Tue. & Thur. 6:00 pm

**Dates:** Feb. 5<sup>th</sup> to Mar. 1<sup>st</sup>

Call or email to schedule your free trial visit!

Call 773-620-9015 to enroll.

*Hurry, space is limited!*

**Don't forget  
your waterbottle!**

**REFERRAL PROGRAM:**  
Bring a friend! If they enroll in the  
entire program you receive  
a \$25 GIFT CARD!

Bring more than one friend. For  
each additional friend that enrolls in  
the entire program, you will receive an  
additional \$50 GIFT CARD per friend.

That can really  
add up!

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

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Choose a Camp(s):  1-A  1-B  1-C  1-D  2-A  2-B  2-C  2-D

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Make checks payable to:

**Power Performance Camps.**

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

