

SPRING 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 Gymnasium
(519 Ashland Avenue, River Forest, IL 60305)

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

DATES: Mar. 8th to Apr. 1st

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

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

REFERRAL PROGRAM:

Bring a friend! If they enroll in the entire program (\$160) 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!

Call: 773-620-9015 to enroll today. Hurry, space is limited!

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



POWER PERFORMANCE CAMPS • P.O. BOX 5856, RIVER FOREST, IL 60305
QUESTIONS? CALL JOHN HAYLEY 773-620-9015 • www.powerperformancecamps.com