

# Melrose Park Evening 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:** Melrose Park Sports & Fitness Center  
(1000 North 25th Ave. Melrose Park, IL 60160)

**WHEN:** Monday and/or Thursday Evenings  
7:00 p.m. - 8:00 p.m.

**DATES:** Mar. 1st to Mar. 25th

**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



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QUESTIONS? CALL JOHN HAYLEY 773-620-9015 • [www.powerperformancecamps.com](http://www.powerperformancecamps.com)