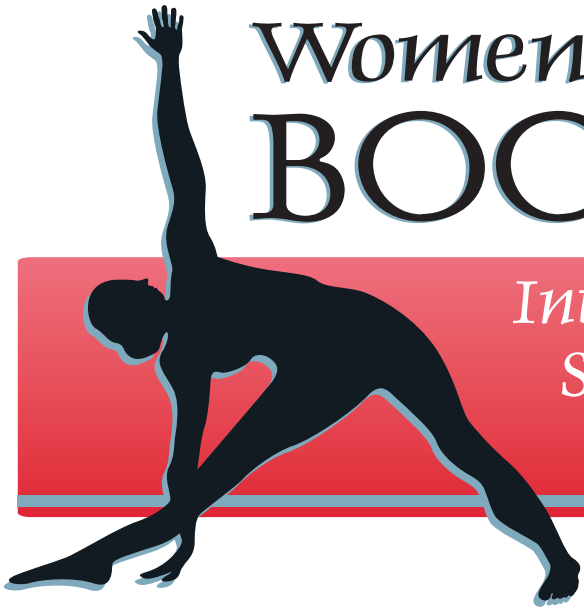


Women's BOOT CAMP

*Integrated Total Body
Strength Training and
Cardiovascular Conditioning*



- WHO:** WOMEN with a general level of fitness (ability to walk at least a mile)
- WHAT:** Total Body Strength Training and Cardiovascular Conditioning
- WHEN:** Monday & Wednesday (June 1st - June 24th) 7pm to 8pm
- WHERE:** MELROSE PARK SPORTS & FITNESS CENTER (1000 N. 25th Ave., Melrose Park, IL 60160)
- WHY:** Look GREAT this Summer!
- COST:** \$160
- Class size is limited so call to reserve your space today!"
Registration deadline is
Sunday May 31st*

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

Name: _____ Phone Number: _____

Email: _____

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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