



Boot Camp Classes Start Mon, Oct 5, 2009 Hagen Park in Wilton Manors Mondays & Wednesdays 7:00 PM - 8:00 PM

\$20 per individual class

Flexpass (multi-class) options are available
at a discount! Visit our website for details.

Why Boot Camp?

- * Lose your belly fat
- * Increase muscularity
- * Improve hormonal levels
- * Reduce the risk for heart disease
- * Look better & feel better

For info, visit our website:

www.fitbodeeze.com

Or call: 954-667-6714



Ready to Try A Boot Camp?

Come to a **FREE** orientation at Hagen Park, Wilton Manors
Wednesday, September 30 : 6:30 pm - 8:00 pm

Come to our free orientation and see why our new Wilton Manors Boot Camp is the fastest way
to get you into the best shape ever! Try one free session or take them all -- you'll be hooked!

Orientation Session Schedule

- | | |
|-------------------|--|
| 6:30 pm - 6:45 pm | 1. Obstacle Course Workout
<i>Fun, challenging courses to improve speed, stamina and agility.</i> |
| 6:45 pm - 7:00 pm | 2. Old School Strength Training
<i>Traditional exercises that will give you beach-body results.</i> |
| 7:00 pm - 7:15 pm | 3. Extreme Interval Training
<i>High-intensity cardio drills that will make you lose your belly fat!</i> |
| 7:15 pm - 7:30 pm | 4. New School Strength Training
<i>21st century techniques certain to build muscle & lose fat.</i> |
| 7:30 pm - 7:45 pm | 5. Flat Guts & Hard Butts
<i>Who doesn't want 6-pack abs and a firmer ass?</i> |
| 7:45 pm - 8:00 pm | 6. The 4-Minute Workout
<i>Can you reach ultimate fitness levels in 4 minutes? Absolutely!</i> |

MEET YOUR TRAINER: GUY ANDREWS, MA, CSCS

Guy Andrews is a nationally known fitness educator and writer who has conducted boot camps from Manhattan to Los Angeles and from Seattle to South Florida. He is certified as a Personal Trainer, a Strength & Conditioning Specialist and a Performance Enhancement Specialist. His goal is to help you meet your goals safely, quickly and enjoyably!

Try our **FREE** Boot Camp orientation on Wednesday, Sept 30!

Need more details? Call 954-667-6714 or email us at: fitbodeeze@gmail.com



BOOT CAMP CLASSES

MONDAYS & WEDNESDAYS: 7 PM - 8 PM

SATURDAY: 8:30 AM - 9:30 AM

At Hagen Park Tennis Center

2020 Wilton Drive, Wilton Manors, FL 33305

954-390-2132

www.hagentennis.com or e-mail tennissportscamp@comcast.net

- Dates:** Monday Night (one hour session) - Wednesday Night (one hour session)
Saturday Morning (one hour session)
- Times:** Monday & Wednesday night: 7:00PM - 8:00PM - Saturday Morning 8:30 AM - 9:30 AM
- Ages:** Open to all juniors and adults
- Fee:** \$20 per individual class
Flexpass (multi-class) options are available at a discount!
- Other:** Pre-registration Required
Six person Minimum per Session.

LIMITED ENROLLMENT- PLEASE SIGN UP TODAY

REGISTRATION FORM

CHILD'S NAME _____ AGE _____ DOB _____ SEX _____ CODE WORD _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 SCHOOL _____ GRADE _____ PARENTS _____ OTHERS ALLOWED TO PICK UP _____
 HOME PHONE _____ WORK PHONE _____ CELL PHONE _____ EMERG PHONE _____
 DOCTOR'S NAME _____ PHONE _____ ALLERGIES OR SICKNESS _____ E-MAIL _____

CIRCLE ONE OR MORE THAT APPLY: MONDAY NIGHT (one hour session) \$12 PER PERSON -
 WEDNESDAY NIGHT (one hour session) \$12 PER PERSON - SATURDAY MORNING (one hour session)
 \$12 PER PERSON

PERMISSION SLIP & RELEASE

In consideration of the privilege of being allowed to take part in the City of Wilton Manors "City's" Program, use the equipment and the facilities of the City, ride in the motor vehicles provided by the City and for other good and valuable consideration, the receipt and sufficiency of which is hereby acknowledged, the undersigned, individually and on behalf of my minor child named above do hereby agree to indemnify and hold harmless Eddie Sposa his employees and the City of Wilton Manors, its trustees, elected and appointed officials, agents, servants, volunteers and employees from and against all claims, demands, causes of action of whatsoever kind, and for any resulting judgments, losses, costs, damages, liability, expenses, including, but not limited to, attorneys' fees arising out of, occurring during or relating to the use of the equipment, facilities, motor vehicles of participation in City's Program. I further acknowledge and authorize the photograph and videotape and publication of such photographs and videotapes of my minor child to promote or publicize the City's Programs. I understand the physical requirements of participation in these activities and affirm that my child meets these requirements. I give permission for instructors, staff and emergency personnel to make necessary first aid decisions in the event of accident, injury or illness. In case of injury, accident, illness or inability to complete these activities, I will bear the full cost of any expense incurred due to any injury to my child or damage to my property. I will also assume all responsibilities for any items and or articles my child brings to camp that are broken, lost, or stolen.

PARENTS SIGNATURE _____ DATE _____

PLEASE MAKE CHECKS PAYABLE AND SEND TO:

ED SPOSA 5290 NW 53RD AVENUE COCONUT CREEK, FL 33073
CALL 954-390-2132 FOR FURTHER INFORMATION