

Woodstock Recreation Presents...

FITNESS BOOT CAMP

Instructor: Christina Vogt
Tuesday Mornings
10:30-11:15 a.m.

**Classes at Woodstock Town Hall, lower level room 1
March 12, 19, 26, April 2, 9, 16, 23, 30
(8 Weeks total)**

Cost: \$64 (8 classes) or \$35 (4 classes)
Pre-Registration is preferred – Drop-In Rate \$10 per class

Boot Camp is a challenging, fun, and supportive workout! You can go at your own pace and work your way up to your goals. This program is for all fitness levels. The boot camp workout consists of cardiovascular conditioning, strength training, and stretching. Each boot camp workout is 45 minutes long. Please bring a mat or towel and a water bottle.

Name: _____ Phone: _____

Address: _____

E-mail Address: _____

Emergency Contact/ Phone: _____

Disclaimer: I, _____ will not hold the Woodstock Recreation Commission, including its representatives of the Town of Woodstock, nor the Town of Woodstock, including its representatives, liable for any injury sustained by me or our/my child while participating in the Adult Boot Camp Fitness Program sponsored by the Woodstock Recreation Commission.

SIGNATURE _____ DATE _____
Parent Must Sign for Child Under the Age of 18

Make check payable to "Woodstock Recreation" and submit with this registration form to Woodstock Recreation Department, 415 Route 169, Woodstock, CT 06281. **No Refunds.** For more information email Crystal Adams at recreationdirector@woodstockct.gov or call 860-928-6595 ext. 332.

PAID: Cash _____ Check _____ Check Number _____