

SKAGIT VALLEY BOOT CAMP

NO MEMBERSHIP.
NO MIRRORS.
NO MACHINES.
NO EGOS.



AT FIRST
THEY'LL ASK
WHY YOU'RE
DOING IT.

LATER THEY'LL
ASK **HOW** YOU
DID IT.

TUESDAYS & THURSDAYS* (4-5 PM)
8 OR 16 CLASSES: YOUR CHOICE

MAY 10-JULY 7*

16 CLASS OPTION = \$112 (\$7/CLASS)
8 CLASS OPTION = \$64 (\$8/CLASS)
DROP IN = \$10 PER CLASS



What does Boot Camp include?

Each class will vary. Example activities:

- Strength training & Core
- Body weight exercises
- Plyometrics
- HIIT Training Intervals/ Tabata
- Cardio Conditioning
- Circuits

Where does the class meet?

Bootcamp is held indoors at the Burlington Parks & Rec Center, in a large open room with plenty of space to move.

What do I need to bring to class?

Dumbbell set (5-12 lbs, for high reps) & a mat

What else will we use? Class may include speed ladders, jump ropes, bands, hurdles, ropes and medicine balls. Equipment varies day-to-day, and we also use our surroundings in fun, challenging, and creative ways.

How difficult is this class? This class is meant to push you, regardless of your skill level, out of your comfort zone and to a new personal best. Much of the training style is about working towards fitness improvement.

(360) 755-9649

RECREATION@BURLINGTONWA.GOV

**BURLINGTON PARKS
& RECREATION**

BURLINGTONWA.GOV/RECREATION

REGISTER AT LEAST ONE WEEK
PRIOR SO REQUIREMENTS FOR
CLASS MINIMUMS CAN BE MET

VISA. MC, DISCOVER ACCEPTED

* No class: June 2, 7 & 21

Make-up dates: June 20,
July 5 & 7

SKAGIT VALLEY BOOT CAMP, SPRING 2016:

Tuesdays, Thursdays: May 10—July 7* (4 - 5pm)

*** No class 6/2 & 6/7. No class Tues June 21; make-up class June 20***

16 CLASS OPTION = \$112 (\$7/CLASS)

8 CLASS "PUNCH CARD" = \$64 (\$8/CLASS)

DROP IN = \$10 PER CLASS

Ages 16 yrs & up. Price is per student.

PRE-REGISTER at least

1 WEEK AHEAD (to reach min)



SKAGIT VALLEY BOOT CAMP CLASS REGISTRATION FORM

Participant Name:	Gender:	Fee:	16-Class Option? 8-Class Punch Card? Drop In?



If applicable, Name of Registrant: _____

Best Phone #: _____ Other: _____

Mailing Address (Street, City & Zip): _____

Email Address: _____

Instructor Laura Ochoa holds a Masters in Exercise Science & Health Promotion. She is NASM and ACE Personal Trainer Certified with more than 10 years as a personal trainer, boot camp instructor, and health coach.

Hold Harmless Agreement

In consideration of your accepting my entry, I hereby for myself, my child or children when applicable, my heirs, executors and administrators waive and release any and all rights and claims for damages I or my children may have against the City of Burlington, their Elected Officials, Employees, Instructors and Agents for any and all injuries suffered by myself or my children while going to, participating in or returning from this activity. I have read this statement and my signature below verifies my and my child's acceptance of these conditions. I realize there is no personal injury insurance. PHOTO RELEASE: I grant full permission to use any photographs of this program in promotion of the Burlington Parks and Recreation Department.

Signature of Participant, or, if under 18yrs, Parent/Guardian: _____ Date: _____

Accepted forms of payment are Cash Check (payable to B.P.R.) Visa/MasterCard

Visa/MasterCard # _____

Expiration Date: _____ 3-digit numeric (on back of card): _____

DELIVER or MAIL REGISTRATION FORM or REGISTER BY PHONE WITH VI/MC
 Burlington Parks and Recreation (360) 755-9649

900 E. Fairhaven Avenue

Questions? Phone ☎ (360) 755-9649 or email ✉ Recreation@burlingtonwa.gov

Check out our website burlingtonwa.gov/recreation where you can sign up for custom "Notify Me" Text or Email Alerts.

And...

