



Spring into Summer with Mad Boot Camp

Five weeks
May 17 - June 16
(No class Mon 5/31)
Monday/Wednesday
12:30 – 1:30 pm



Madison Racquet & Swim Club
36 Scotland Rd
P.O. Box 508
Madison, CT 06443

madisonracquet@aol.com
203.245.9444

Mad Boot Camp — An outdoor exercise class that mixes traditional calisthenic and body weight exercises with interval and strength training.

The Mad Boot Camp workout, lead by personal trainer Tyra Stokes, is a great way to get fit, lose weight and have fun. Boot camp workouts are incredibly popular because they focus on full body fitness and address areas of fitness including cardio and muscular endurance, fat loss, full body strength, agility, balance, flexibility. Most importantly, boot camp workouts get results!



Bring your mat, towel and water bottle.
Babysitting available.
Class - Min 4, Max 15

First Name				Home Phone	
Last Name				Work Phone	
Address				Cell Phone	
Town		State		Zip	
Email					<p>There will be no guaranteed make-ups, refunds, or credits for missed classes unless the class is cancelled by the club. Participation in the program is strictly at players own risk. Participant acknowledges and accepts the risks inherent in the use of club services and facilities and voluntarily assumes the risk of injury, accident, death, loss, cost, or damage to his or her person arising from use of the club and releases the club, together with its owners, employees, and agents from all claims or liabilities. Participant certifies that he or she is in good health and has no physical limitations which would prevent participation, and will notify the club of any changes in physical condition which would affect participation. Participant gives permission to the club to use photographs, film footage, or tape recordings which may include participants voice or image for the purposes of promotion or interpretation of the club's programs.</p>
Signature					
Days	Check Box	Member Fee	Non-Member Fee		
Mon & Wed		\$80	\$115		
Mon		\$40	\$55		
Wed		\$50	\$70		