



Excellence in Strength Conditioning
Professional Fitness Coaches



PF&T BOOT CAMP CHALLENGE

Ready for a 2012 Fitness Challenge!?!?

Join our PF&T Boot Camp Team!!! Looking to take charge of your health? Want to get fit, build confidence & look fabulous? Come join our specialized group and team trainings to transform your fitness levels. Whether you're a beginner or athletic, our specialized trainings help increase energy, strength, agility, flexibility and weight management needs. Sign up and join our group and team trainings today. Get ready for a total physical and mental awakening!!!! <http://www.performancefitnessandtraining.com/events.html>

Includes:

Boot Camp Drills; Obstacle Courses; Boxing; Self-Defense drills
Awesome Team Environment
Fitness testing & evaluation every four (4) weeks (ex: push-ups, sit-ups, pull-ups)

12 Week Training Program

1 training/week: \$100/month
2+ trainings/week: \$150/month

Locations & Times:

Mondays & Thursdays: 6-7PM: *Reggie Lewis Track & Athletic Center, Boston, MA*

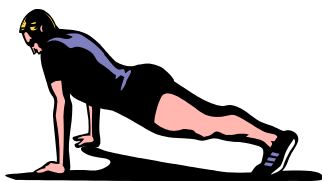
Tuesday & Thursday: 6-7PM: *Area IV Youth Center, Cambridge, MA*

Sundays: 9-10AM: *Big East Boxing Gym, Stoughton, MA (Rte 24S, Exit 20A)*

Private/Corporate Boot camps

Private Boot Camps work exactly like our traditional boot camp challenge programs, but in a smaller group setting. Get a small group of friends, family or co-workers together and we'll come to you!

Camp Duration: 8 Week Camp; 1+ sessions/week.



YVEL JOSEPH, MS, CPT; (617) 970-19196

Certified Martial Artist

Yvel@PerformanceFitnessandTraining.com

TREVOR GARRICK, CPT, C.S.C.S; (617) 388-8949

Strength Conditioning Specialist

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THANK YOU FOR TAKING ON THE PERFORMANCE FITNESS & TRAINING, LLC
BOOT CAMP CHALLENGE



To register: please print out and complete the following forms from our website under [“SERVICES, Online Forms”](#). Please submit signed documents & fees to fitness instructors prior to commencing class:

***Boot Camp agreement *Consent for Exercise Program *Health History Questionnaire**
Monthly Program 1: One Class/week = \$100 **Monthly Program 2:** Two Classes+/-week = \$150

Payment Due at beginning of month or see instructor for payment plan

Please make checks, money orders or cash out to: **Performance Fitness & Training, LLC.**
Fees non-refundable after first two (2) classes.

This is a premium Boot Camp open to all interested candidates. Training equipment provided during class. Please contact instructors (Yvel or Trevor) for additional information.

*Boot Camp pictures may be taken during class for promotional purposes.

*Program fees & schedule subject to change.

POLICY AND PROCEDURES

1. Boot Camp training will **begin on time**.
2. All specific forms will be completed prior to beginning the camp.
3. Any **“no show”** will incur the regular charge.
4. All camp program fees will be **pre-paid in full**.
5. In the event that your check is returned for **insufficient funds** and/or **other deficiencies**, you will be charged a **\$30 dollars fee** for each infraction. This is payable in full in addition to the original amount of the check, **due within twenty-four hours of notice**.
6. In the event you exceed two infractions, all future payments will be required in **certified funds**.

Name _____

Signature _____

Date: _____

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