

**BOOT
CAMP**



Outdoor Fitness Boot Camp

River Valley Middle School Field

Begins June 30th ends Aug 22nd

Takes place on Sundays and/or Wednesdays 7:30pm

2x week for 8 weeks @ \$150

1x week for 8 weeks @ \$80

Discounted rate for **Human Performance Centre yearly members is \$120
Participants of the Boot Camp save the tax on a 1 year membership at
Human Performance Centre**

Maximum 30 participants

Registration contact Tara Safford 738-3544

- Each participant will receive a fitness assessment at the beginning and end of the boot camp.**
- Instructors from the **Human Performance Centre**
Maria McGraw PTS
Alex Sullivan RMT, PFT**