

FITNESS BOOT CAMP REGISTRATION FORM

Welcome our fitness Boot camp! It is designed to get people fit in a fun, relaxed yet challenging environment. We use a wide variety of equipment from tractor tyres and poles, to nets and sandbags to create obstacles to overcome as individuals or teams!

It is ideal for those seeking motivation to keep fit whether they have just started an exercise programme or are regular gym or fitness class goers. You do not have to be particularly fit but at least able to sustain moderate exercise. If you do have specific fitness concerns, injury or medical condition please consult with your doctor or us.

Please note that the boot Camp will take place in ALL weathers so please bring suitable attire.

Boot Camp Details. There are two 6 week courses:

Dates: 26th September – 31st October and 14th November – 19th December 09.

Time – Saturdays 930 to 11am

Venue – Westminster Sports centre, Harcourt Hill Campus Oxford, OX2 9AT

Cost - £42 for 6 sessions, or £10 pay as you go.

Please fill in the form below and email it to book your place.

NAME _____

D.O.B _____ **AGE** _____

NUMBER _____ **EMAIL** _____

MEDICAL CONDITIONS eg asthma diabetes arthritis etc.

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INJURIES eg joint problems, back problems etc

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To my knowledge, I know of no reason why I should not take part in the Fitness Boot Camp, and understand that I do so at my own risk. I will not hold Wolff fitness Ltd, or TW Fitness responsible for any injuries or damage sustained whilst undertaking the Football session.

By signing this I confirm that I have read and understood all details.

Signed _____ date

For more information please contact:

Daniel on 07960 258935 or Tom 07892945060