



The Clubs at Charles River Park
The Wellness Center at MGH

Outdoor Boot Camp Information and Reservation Form

What's the deal!

- ❖ Our 2-week Outdoor Boot Camp program consists of 6, 1-hour long classes working with a personal trainer alongside a group of up to 13 others, on a first-come, first-served basis.
- ❖ Each class will vary, mixing total-body exercises including fast-paced agility and cardio drills, partner relays, circuits, tabata training, plyometrics and stair climbs.

Reservation Information

- ❖ Due to the October 10th holiday, class will be made up on October 14th
- ❖ 100% of the fee will be required with the completed reservation form; fees are non-refundable

Fees

- ❖ FREE CLASS during open house week October 17th – 21st (see additional classes added below)
- ❖ Special October drop-in rate: \$12/class (normally \$20)
- ❖ Sign up for a 2-week session in October for \$90 and get a free week in Nov; same price members & non-members (3 classes/week)

Name: _____

Member # _____

Phone # _____

Email address: _____

Address: _____

Schedule (please check all that apply)

- Session #4: 6:30-7:30am on 10/11, 10/12, 10/14, 10/17, 10/18, 10/19
- Session #5: 6:30-7:30am on 10/24, 10/25, 10/26, 10/31, 11/1, 11/2
- Session #6: 6:30-7:30am on 11/7, 11/8, 11/9, 11/14, 11/15, 11/16

Additional Open House Classes

- Tues, 10/18: 12:30-1:15pm
- Fri, 10/21: 5:45-6:45am
- Fri, 10/21: 12:15-1pm

Release of Liability

I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in any of the activities and programs of The Clubs at Charles River Park. In consideration of being allowed to participate in the activities and programs of The Clubs at Charles River Park and to use it's facilities, equipment, machinery in addition to the payments of any fee or charge, I do hereby waive, release, and forever discharge the Clubs at Charles River Park and its officers, agents, employees, representatives, executors, and all others from any and all responsibilities of liability for injuries or damages resulting from my participation in any activities or my use of equipment or machinery in the above mentioned facilities or arising out of my participation in any activities at said facility. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of, or connected with my participation in any activities of The Clubs of Charles River Park or the use of any equipment at The Clubs at Charles River Park.

I HAVE READ AND UNDERSTOOD THE ABOVE POLICIES AND AGREE TO ABIDE BY THEM:

Signature: _____

Date: _____

Office use only

Total # of Sessions	Amount	Date Paid	Payment Type

Staff Name: _____ Date Received: _____