

OPTIMUM BOOTCAMP 2010

Participant Registration



PLEASE NOTE - all registrations must be accompanied with payment to reserve your spot.

Registrant information:

NAME: _____ **EMAIL:** _____

PHONE: home _____ **Address:** _____
work _____
mobile _____ **Postal Code:** _____

Are you a returning camper? YES _____ **Shirt size:** Small _____
NO _____ Medium _____
Large _____

Are you able to jog/run 5km? YES _____ Xlarge _____
NO _____

- Step 1.** Please indicate which camp(s) you would like to enlist in:
- ***BASE CAMP** April 7th - 30th _____ indoor/outdoor camp - novice level (reduced rate \$160)
 - Camp #1** May 3rd - 31st _____ outdoor
 - Camp #2** June 2nd - June 28th _____ outdoor
 - Camp #3** July 5th - 30th _____ outdoor
 - Camp #4** August 2nd - 27th _____ outdoor

- Step 2.** Please indicate your choice of morning or evening camp:
- Mornings** _____ Mon/Wed/Fri 6:00am-6:45am
Evenings _____ Tues/Wed/Thurs 5:15pm-6:00pm **NOTE:** evenings begin in June only
NOTE: If a holiday weekend occurs during your camp, we will reschedule the class for a Thursday or Tuesday morning class.

- Step 3. FEES: \$195 per person/camp**
If you register and pay upfront for 3 bootcamps or more, you will receive a 15% discount.

RESET KIT - Package it for SUCCESS!

If you want to jumpstart your weightloss - try a healthy 5-Day High Fibre Cleanse Kit. It's a sure fire way to eliminate cravings, get you on the right mind set for your bootcamp and the initial weightloss will motivate you to reach your weightloss goal!

RESET KIT: \$145 (regular retail \$155) YES _____
NO _____

- Step 4.** Indicate your payment option:
- VISA** Card # _____ Expiry date: _____ **Cash** _____
MasterCard Card # _____ Expiry date: _____ **Cheque** _____

Registration TOTAL:	Bootcamp fees	\$195 each	\$ _____
	(3 or more camps take 15% off)	15% off	(\$ _____)
	RESET KIT Cleanse	\$145 each	\$ _____
	BASE CAMP discount	*Base Camp credit \$35	(\$ _____)
		TOTAL:	\$ _____

- Step 5.** Please complete the participant information package and liability waiver and submit with registration.
* BASE CAMPERS need to purchase their own punchcard/membership at CGC for indoor sessions.