



This is the registration form for
ENERGY BOOT CAMP
London, ON

This form is for individual registration only.
This is simply for your contact information and payment.

First/Last Name:

Street Address:

City:

Postal Code:

Home or Cell Phone:

Email:

How did you hear about Energy Boot Camp?

Which camp are you registering for?

- Early Riser Boot Camp**
- Morning Boot Camp**
- Nooner Boot Camp**
- Evening Boot Camp**
- Last Call Boot Camp**

Date of Birth (M D Y):

Level of Fitness:

- Never exercised before**
- Do light walking 1-2 time per week**
- Participate in various activities of low intensity**
- Exercise regularly working up a sweat**
- I'm a regular fitness enthusiast**
- Other (please specify) _____**

Registration \$125.00

Cheque:

This requires you to mail your cheque and registration to:
Optimum Performance Fitness
359 Ridout St. South
London, ON N6C 3Z6

(please make the cheque out to **Optimum Performance Fitness**)

Note: cheques must be received before October 10th to register.

Upon receiving both registration and payment I will contact you regarding the Boot Camp.

Mike@FunFitandHealthy.com

519-672-6369