



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 Camp**  
Tuesdays, Wednesdays and Thursdays at 6:00 am
- Morning Camp**  
Tuesdays, Wednesdays and Thursdays at 10:00 am
- Evening Camp**  
Tuesdays, Wednesdays and Thursdays at 6:00 pm

**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 \$265.00

**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 initial start date to register.

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

[Mike@FunFitandHealthy.com](mailto:Mike@FunFitandHealthy.com)

**519-672-6369**