



presents
Backyard Boot Camp

Activities Include

- ❖ Core & strength work
- ❖ Plyometrics & agility
- ❖ Interval & cardio
- ❖ Never the same class twice!

Date, Time & Location

Monday evenings: 6:45 – 7:45pm

Classes will begin on Monday, June 15th

Boot Camp will be held all summer, at the Piescienski residence, except for when instructor is on vacation (date are still to be determined). Address/Location: 7828 Church Road, Germansville, PA 18053

Coached by

Marci Piescienski

610-216-1864

(VISIT www.upgradelifestyleinc.com for coach bios)

Cost

\$10 per class

Name: _____

Date of Birth/Age: _____

Address: _____

Phone(s): _____

Emergency Contact Info: _____

Email: _____

Special interests or comments: _____

Forms of Payment accepted:

Check (made payable to **UpGrade Lifestyle**)

Credit Card (circle)

Visa MasterCard Discover AMEX

Name on Card _____

Card Number _ _ _ _ - _ _ _ - _ _ _ - _ _ _ _

Expiration Date __ / __

Signature _____

Send completed form to: UpGrade Lifestyle, c/o Marci Piescienski, 7828 Church Road, Germansville, PA 18053

Payment is due at the beginning of each class attended.

****Waiver and Release****

Participation in an **UpGrade Lifestyle** Program, Training Session, Clinic and/or Team Group Session will be done so at my own risk. By entering into this contract, I agree to waive all claims and release **UpGrade Lifestyle** from all liability for any injuries or damages resulting from use of any equipment or participation in any training or team activities.

X _____

Participant

_____ Date