



Basics

Sign up for “*Boot Camp Basics*” and give yourself an opportunity to see how proper training techniques actually get results. In just 45 minutes, you will get a complete total body workout using mainly your own body weight and dumbbells. You will learn the most effective moves to maximize results. Work at your own pace in a group environment. Classes are lead by a Certified Personal Trainer who specializes in Boot Camp Fitness Classes. You will leave class feeling strong and energized.

Tuesday evenings 7:45-8:30 p.m.
Classes begin Tuesday, April 6th

8 week punch card \$50 * Drop In \$7/class
Reserve a spot space is limited! Bring a friend and join the fun!

Remember to bring your dumbbells and mat 😊

Dancers Only Studio

45579 Mound Road, Shelby Twp. MI 48317
N. of M59 (Hall Road), W. Side of Mound in the Shelby Commons Plaza
586-739-1277 * www.dancersonly.net



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Please fill out and return

In consideration of [Dancers Only Studio](#) allowing the below named student to participate in its Boot Camp Basics/Zumba exercise programs, I do hereby forever release and hold harmless [Dancers Only Studio](#), its owner, employees, volunteers, teachers and staff from any and all claims of every kind or nature arising out of participation in dance and/or Boot Camp Basics/Zumba exercise instruction or activity associated with [Dancers Only Studio](#). I certify that I am in good health and able to participate safely in any activity in which I have registered to participate in at [Dancers Only Studio](#). Signing this agreement acknowledges that I have read, fully understand, and agree to all of the above information and as parent, legal guardian and/or representative for the below signed student hereby assume all risk regarding this activity.

Name _____

Date _____

Parent/Guardian

Office Use Only – Please do not write below this line.

Amount Paid _____ Cash/Ck # _____ Pmt. Rec'd by _____