

THE GREAT PUMPKIN BOOT CAMP



WHAT: BOOT CAMP

WHEN: SATURDAY, OCTOBER 21ST

WHERE: WRAC

TIME: 8:30 – 9:30 A.M.

COST: \$15 PER PARTICIPANT



What is better than a bootcamp?

A bootcamp that makes you carry a pumpkin for the entire workout.

Yes, you heard that right. Pick your pumpkin when you get here. You'll lunge, squat, press, run, and carry your pumpkin throughout the 60 minute workout!

SPACE IS LIMITED SO RESERVE YOUR SPOT TODAY!!!



THE GREAT PUMPKIN BOOT CAMP REGISTRATION FORM



NAME: _____

ADDRESS: _____

DAYTIME PHONE #: _____

E-MAIL ADDRESS: _____

SIGNATURE OF PARTICIPANT: _____

SIGNATURE OF PARENT: _____

(If participant is under the age of 18)

Photo Release: By signing this registration, I grant consent for my photograph to be taken with participating in this program, to use and publish photographs in all forms of media including, but not limited to, newsletters, Facebook, and website use. I hereby waive any right I may have to review, inspect, edit, or approve such publication, and I release the WRAC from any claims I may have against it for use of such photographs.

Waiver Statement: I hereby release and absolve the Wray Rehabilitation & Activities Center, their employees, volunteers, and other participants involved in the program from liability and/or claims of damages arising from the injury received by the participants involved, whether due to remission of said parties, or other participants, or otherwise.