

# Fitness

## Boxing Boot Camp

with Master Trainer Eric Marshall

Boxing Bootcamp includes: jump rope, speed bag, heavy bag, strike pads and punch combinations - all the real training without getting hit in the head!

Wraps & gloves mandatory - Pre-registration required

**Session Dates:** Six Weeks  
May 18-June 29 (no class 5/25)

**Days:** Mondays & Wednesdays

**Time:** 6:30-7:30PM

**Fee:** Members: \$234<sup>plus tax</sup>  
Non-members \$414<sup>plus tax</sup>

Contact Eric for details(203) 358-0066 ext 305

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Registration Form  
**Boxing Boot Camp**

Name Member No.

Male  Female Date of Birth

Address City/State/Zip

Home Phone Work / Cell Phone

E-Mail

Member  Non-Member

Method Of Payment:  House Charge  Cash  Check  Credit Card

Credit Card # Exp. Date

Waiver of Liability

*I represent that I am in good physical condition and have no disability, impairment or ailment preventing participation in this program. I recognize the risk if injury in any exercise program and I am participating upon the express agreement that I am hereby waiving and releasing Sporstplex from any claims, costs, liability, and injuries incurred while on these premises.*

Signature

Date

**SPORTSPLEX**