

I, hereby for myself, my heirs, executors and administrators waive and release any and all claims or actions for damages that I may have against LeMars Physical Therapy, its officers, trustees, directors, employees, and agents arising out of activities at LeMars Physical Therapy, even though liability may arise out of negligence or carelessness on the part of the person mentioned above. I understand that physical injury could result from my participation in physical activities, and knowing this risk, I hereby agree to assume those risks and to release and hold harmless all of the persons mentioned who might otherwise be liable to me or any member of my family for damages.

Please sign and date:

Date: _____

Le Mars Physical Therapy
789 Holton Drive
Le Mars, IA 51031



ADULT BOOT CAMP 2012

Presented by...



789 Holton Drive
LeMars, IA 51031
Phone: 712-546-1718
www.lemarspt.com

LeMars Physical Therapy presents...



2012 "BOOT CAMP"

WHAT: 8 Week Boot Camp

January 2 - February 24

March 5 - April 27

May 7 - June 29

July 9 - August 31

September 5 - October 26

October 29 - December 21

TEACHER SPECIAL

June 11 - August 10

(week of July 4 - 8 off)

WHEN: Monday, Wednesday, and Friday

6:15 - 7:15 am, or

8:45 - 9:45 am, or

12:00 - 1:00 pm or

4:30 - 5:30 pm

WHERE: Le Mars Physical Therapy

COST: 8 week camp = \$135

10 day punch card = \$60

Day rate = \$7

T-shirt = \$15

Exercise Mat = \$27

PROGRAM OBJECTIVES:

- Weight loss
- Increase strength
- Improved cardiovascular fitness
- Improve endurance
- Improve overall health
- Improve body image and self-esteem

PROGRAM DETAILS:

Your "Camp Sergeant" is a licensed physical therapist or physical therapist assistant knowledgeable in modifying an exercise for you if you have a problem that limits you (back pain, old broken bone, etc.). The work-outs are a combination of cardio and strength training (toning) and incorporate a variety of different exercise modes and intensities including agility, plyometrics, circuit training, and much more! Pre and post camp assessments are offered to monitor progress. Camp is open to all males and females from the age of 19 through 55. Class size is limited to 15, so register soon! You WILL be challenged, GUARANTEED!

For more information please contact:

April Leusink, PTA, NCSF-CPT

at **546-1718** or email me at:

april.leusink@lemarspt.com

REGISTRATION FORM

NAME

ADDRESS

CITY

PHONE

E-MAIL ADDRESS

DATE OF BIRTH

CLASS DATE AND TIME

Please detach and send with payment to:

LeMars Physical Therapy

789 Holton Drive

LeMars, IA 51031

Please make checks payable to LeMars Physical Therapy

Debit and Credit Cards are accepted