

# Poise Health & Fitness Fall Bootcamp

## October 14th – November 21st Registration

\*Please complete this page and then email or mail to Crystal Thomas no later than Friday, October 10<sup>th</sup>.

4863 Mystic Cove Dr., Boise, ID 83714. Email: crystalthomas@poisefitness.net

Check One:

- Individual Package (\$180/person)    Bring a Friend (\$324 for two or \$162 each)

Name:

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Address:

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City:

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State/Zip:

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Phone:

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Email:

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We will meet every Tue/Thurs from 6:30 to 7:30 am @ Sawtooth Middle School, located at 3730 N. Linder Rd in Meridian. Please bring a towel, good workout/running shoes, water, and a great attitude! Be prepared to work **hard** and **have fun** while shedding pounds!

**See you at camp!**

How did you hear about this bootcamp?

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**Payment Method:**

- Cash    Check    Credit (*Visa or Mastercard Only*)

Card Number:

Expiration Date:

Billing Name and Address: