

## **What is MBA Fitness Boot Camp?**

Fitness Boot Camp Club is an exciting new individualized and group lifestyle program that will help you establish healthy nutritional habits and the life-long benefits of regular exercise. "We focus on the whole person, not just appearance or attaining a certain look. We believe that good looks start with health.

**Register at MBA  
Mississippi Basketball and Athletics  
601-957-7373**

2240 Westbrook Rd., Jackson, MS 39211

Phone: 601-957-7373  
Fax: 601-957-7372  
E-mail: mbahoops.net



# **Fitness Boot Camp**

**12 Weeks/Session  
Monday—Thursday  
5:00A—6:00A  
6:00A—7:00A  
4:30P—5:30P  
\$150  
(Includes Gym membership)**

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## FITNESS BOOT CAMP OBJECTIVE

FBC's objective is to provide genuine health and longevity solutions to both



m e n      a n d  
w o m e n.  
Participating in FBC is not just about shedding those extra pounds — though that is critical to your health and well-being. It's about

all of us coming together and looking out for each other as we work to take more control of our lives. It's about taking the time to reach out and lock hands as we join forces to fight the very real risk that being overweight poses to ourselves, our families, and our community.

### How the Club works:

- Members meets promptly Monday through Thursday from 5:00 a.m. until 6:00 a.m. or, 6:00 a.m. until 7:00 a.m. or 4:30 p.m. until 5:30 p.m.
- Each session is twelve weeks long.
- \$150/session Club includes: workout sessions, unlimited facility usage, and unlimited attendance to fitness classes
- Each member is required to be weighed and complete a FBC packet prior to joining the club.
- After the initial weigh-in, each member will weigh in every Monday.



## FBC Registration Form

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State Zip Code

\_\_\_\_\_  
Cell Telephone #

\_\_\_\_\_  
Home Telephone #

\_\_\_\_\_  
Emergency Contact Name and

I certify that I am fit to participate in this fitness and health program and also certify that my doctor is aware of my participation. I release MBA and its owners, employees, members, staff, contractors, volunteers and directors; along with any other associated body pertaining to the MBA, from any liability or any injury, loss, or damage connected in any way whatsoever to me while participating in MBA WFHC (Women Fitness and Health Club).

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

### Method of Payment

- Cash
- Check      Check # \_\_\_\_\_
- Credit Card



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