

KATHY'S BOOTCAMP

RESOLUTION 2010



JANUARY 18TH - FEBRUARY 4TH

WHAT IS KATHY'S RESOLUTION BOOT CAMP?

Start the New Year off on the right foot. Boot Camp is a high-intensity core strength and conditioning program that delivers **GUARANTEED RESULTS**. This one-hour workout will challenge your body in a variety of ways. Our program focuses on all ten components of optimal physical fitness: endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy.

In general, you will find yourself surrounded by a supportive group of people, including someone who is in similar shape (No matter what shape you are in now). Each day and week get progressively more difficult, to help you progress through plateaus and reach new fitness levels. Sign up soon, space is limited. Start classes anytime.

Boot Camp is for everyone, regardless of experience and fitness level. Make it part of YOUR fitness training! After one class, you will be hooked! You are expected to commit to being at class, on time, ready to workout. Please bring a water bottle.

THE LOW-DOWN:

The cost for Boot Camp is \$100 paid-in-full or \$15 per drop-in fee. Class meets from 6 – 7pm, Monday through Thursday, from January 18th to February 4th. With a paid-in-full registration you have access to the training facility from January 18th through February 28th.

WHAT IS A "TYPICAL" WORKOUT LIKE?

For the cardiovascular portion of the classes we may do:

- an obstacle course
- rope jumping
- stair or hill climbing
- military fitness drills
- plyometrics (speed/strength training drills)
- stamina building endurance courses and/or a variety of other exercises that emphasize improving your overall cardiovascular health, the body's natural fat burning mechanism.

During the strength/toning/defining portions of the workouts we may:

- perform a series of free weight exercises
- use exercise bands/tubes/balls
- do a series of isometric and isotonic strengthening/conditioning
- perform calisthenics: push-ups, pull-ups, lunges, squats
- do plyometrics

For questions, comments and/or concerns, please contact Kathy Childress, Boot Camp instructor, at kathy@crossfitmaximus.com. Friends and family, men and women welcome - ALL FITNESS LEVELS.

Why CrossFit? Results. Period.

CrossFit Maximus is the premier CrossFit facility in the world. CFM dedicates 22,000 square feet of space to training people of all levels of fitness to their optimum ability. We turn homemakers, lawyers, stay-at-home-moms, students and those that specialize in a sport into well-rounded "athletes". You will be in the best shape of your life when you commit to the program. Our highly skilled coaches provide individualized attention to every member. We are a family that is committed to each person and their goals. Contact us today for a free introductory workout.

1850 Bryant Road
Lexington, KY 40509
Phone: 859-327-3667

Email: staff@crossfitmaximus.com
Web: www.crossfitmaximus.com

KATHY'S

RESOLUTION BOOTCAMP



Registration Form
January 18th – February 4th, 2010



Registration Information (please print or type)

Name	
Address	
City	
State	
ZIP Code	
Telephone (home)	
Telephone (cell)	
E-Mail	

Payment

Payment in full is \$100; Make checks payable to: Crossfit Maximus. (*Payment in full gives you access to our facility every day from January 18th through February 28th!! That's an extra 2-weeks to check out what we offer.*)

Pay-as-you-go option is \$15/class.

Email this completed form back to kathy@crossfitmaximus.com. Or mail form and payment to Crossfit Maximus 1850 Bryant Road, Lexington, KY 40509. In addition, payment and registration can be completed on the first night of Boot Camp on Monday, January 18th.

Location

Crossfit Maximus

1850 Bryant Road; Lexington, KY 40509

Contact me with questions: 859/327-3677 or 859/509-2896; email: Kathy@crossfitmaximus.com

Waiver

Because physical exercise can be strenuous and subject to risk of serious injury, we urge you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You agree that by participating in physical exercise or training activities, you do so **entirely at your own risk**. Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and premises **and assume all risks** of injury, illness, or death. We are also not responsible for any loss of your personal property. You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a **release of liability**. You expressly agree to release and discharge the trainer or instructor from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the trainer or instructor for personal injury or property damage. To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence. If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Signed:	
Printed Name:	Date:

For more information go to www.crossfitmaximus.com

Kathy's Boot Camp is presented by Crossfit Maximus, the premier Crossfit Facility in the Bluegrass. Check us out at 1850 Bryant Road, Lexington, KY 40509 or on the web at www.crossfitmaximus.com. Hours of Operation: M-F 6am-1pm; 3:30pm-8:30pm; Sat. 8am-12; 2pm-5pm; Sunday 2pm-5pm.