

Who else wants  
body-transforming results?



Get fit. Get firm. Get fired up.

**FORTWORTHFITNESSCAMP.COM**  
**HEBFITNESSCAMP.COM**  
**INFORMATION PACKET**



# Fort Worth and Hurst-Euless-Bedford Residents: Who's ready to have a slimmer, tighter body to show off in only 4 weeks?

## If you're ready, try The Body Firm's Boot Camp and get:

- How to fire up your metabolism with 3 simple SECRETS. (*The weight loss industry doesn't want you to know!*)
- How to sculpt a leaner, tighter body that you can be proud of. (*Throw away your "big" clothes because you won't be going back!*)
- The best way to exercise to lose pounds and inches and revitalize your body. (*It's not what the media would have you believe.*)
- How too much cardiovascular exercise can actually make you fatter. (*Not to mention . . . B O R I N G!*)
- Why eating less and exercising more is a prescription for failure. (*"Yo-Yo Dieting" comes from this.*)

You will have a great time and you'll reap the benefits of this 4-week fitness boot camp.

## For less than \$50 per week, you'll get:

- 3 workouts per week with a Degreed, Nationally-Certified Fitness Coach = \$240 value
- A Nutritional Crash Course that will destroy fitness myths and help get you on the right path to eating healthier, more nutritious meals = \$129 value
- Unlimited e-mail support = Priceless

Grab a friend or neighbor and make your reservation now.

Hate early morning? That's okay – we offer boot camps in both early morning and early evening to fit your schedule.

You'll work hard and have a great time doing it. You'll get lifestyle-changing information that will equip you to reshape your body and your thinking about fitness and nutrition.

## Camp Specifics

- 4-week program with 3 workouts each week.
- Workouts will take place outdoors, weather permitting
- Bring an exercise mat, a small towel and a full water bottle.
- Class size is limited to 20 participants so you'll get the attention you need for success.
- Instructor is nationally-certified.

## Schedule

- Nutrition Crash Course/Orientation will occur during the first week of camp
- **Morning camps:**  
FW meets every M/W/F at 6:00 am  
HEB meets every M/W/F at 5:30 am
- **Evening camps:**  
FW meets every M/W/Th at 5:45 pm  
HEB meets every M/Tu/Th at 6:00 pm



## Cost

- \$199 per participant (includes Nutrition Crash Course).  
*Discount available for UNTHSC students, faculty and staff.*
- Deadline for enrollment and payment is the first workout session. We accept cash, check, Mastercard or VISA.

## Missed Sessions

- There are no refunds for missed sessions.

## To Get Started

- Register online at [fortworthfitnesscamp.com](http://fortworthfitnesscamp.com), [hebfitnesscamp.com](http://hebfitnesscamp.com) or fill out and return the attached Contact Sheet and EFT authorization form if applicable.
- Sign the Client Agreement and Informed Consent Waiver.

Bring the completed forms to The Body Firm's studio in

Fort Worth (3537 W 7th Street, Suite 4C) or Hurst (466 Mid-Cities Blvd) or call 817.320.0743 and schedule a time to come by, take a tour and drop off your packet. Remember, payment is due by the first workout session.

You may pay by credit card online or pay with cash or check at the time you drop your packet at the studio.

If you're ready to start reshaping your body in a Fun, No-Judgment, Non-Threatening, Supportive Environment – we're ready to help you! Come join us for lots of R-E-S-U-L-TS!

Questions? I've got your answers. Call me at 817.320.0743 or visit our web sites: [fortworthfitnesscamp.com](http://fortworthfitnesscamp.com) and [hebfitnesscamp.com](http://hebfitnesscamp.com).

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## CONTACT SHEET

Boot Camp Location:  **Fort Worth** (Alumni Plaza, next to 3537 W 7th Street)  **HEB** (466 Mid-Cities Blvd, Hurst)

Start Date of Boot Camp: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Time of Day:  **AM**  **PM** Instructor: \_\_\_\_\_

Payment method:  cash  check # \_\_\_\_\_  EFT from credit card or bank draft (complete EFT form on following page)

Please check one:  Community Member  UNTHSC student  UNTHSC faculty/staff

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_

Emergency Contact Person's Phone – Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Medical Insurance Company: \_\_\_\_\_

Primary Physician: \_\_\_\_\_ Physician's Phone Number: \_\_\_\_\_

Allergies/Medical conditions: \_\_\_\_\_

How did you hear about us?: \_\_\_\_\_





**FITNESS BOOT CAMP EFT AUTHORIZATION FORM**

*This information is confidential. This form will only be kept by The Body Firm Billing Department.*

Please complete and turn in to office staff.

boot camper name: \_\_\_\_\_ phone: \_\_\_\_\_

**For ACH automatic bank draft:**

name of banking institution \_\_\_\_\_

aba routing number \_\_\_\_\_

account number \_\_\_\_\_

**For automatic credit card draft:**

name as it appears on card \_\_\_\_\_

billing address: \_\_\_\_\_

mastercard     visa    exp date \_\_\_\_/\_\_\_\_    3-digit csv code

card number ---

**Check one:**

monthly recurring: \$ \_\_\_\_\_ /mo for \_\_\_\_\_ months

one-time charge amount: \$ \_\_\_\_\_

authorization signature \_\_\_\_\_ date \_\_\_\_\_

print name \_\_\_\_\_

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## CLIENT AGREEMENT AND INFORMED CONSENT WAIVER

- 1. Billing Agreement:** The enrollment fee of \$199 must be paid in full by first workout session.
- 2. Length of Sessions and Appointment Times:** Each training session is based on a 60-minute workout. To get the most out of our efforts, please try to arrive early so that you can be ready to go with the class warm-up.
- 3. Cancellation/Missed Sessions Policy:** There are no make-up sessions if you cannot make a scheduled session. There are no refunds for missed sessions.
- 4. Release of results upon program completion:** Client photos are requested at the start of your program and upon program completion.
- 5. Use of nutritional supplements:** To guarantee safety, we request that all clients do not use any potentially dangerous stimulants like "diet" or "fat burning" pills of any kind.

I have read this agreement and accept these policies.

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Signature

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Date

I, \_\_\_\_\_, have hereby enrolled in a program of strenuous physical activity including but not limited to aerobic dance, weight lifting, stationary bicycling and various aerobic conditioning using various machinery, offered by The Body Firm. I hereby affirm that I am in good physical condition and do not suffer from any disability which would prevent or limit my participation in this exercise program.\*

In consideration of my participation in The Body Firm's exercise program, I, \_\_\_\_\_, for myself, my heirs and assigns, hereby release The Body Firm from any claims, demands and causes of action arising from my participation in the exercise program.

I fully understand that I could injure myself as a result of my participation in The Body Firm's exercise program and I, \_\_\_\_\_, hereby release The Body Firm and its trainers from any liability now or in the future including, but not limited to heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries and any other illnesses, soreness or injury however caused, occurring during or after my participation in the exercise program.

I hereby affirm that I have read and fully understand the above.

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Signature

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Date

\*The Body Firm strongly suggests that you consult your physician before beginning any exercise program if you are overweight or have been inactive for a long period of time or have never participated in an exercise program of any kind.