



Are You Ready to Get Football-Farm Fit? Sign up for JKFY Ladies-Only Football Boot Camp!

Name: _____
 Email: _____
 Home Phone: (____) _____ Cell: (____) _____
 Address: _____
 City: _____ Zip: _____



Location & What to Bring:

Camp begins and ends at Heritage Prairie Farm in Elburn, located at 2N308 Brundige Road rain or shine. If the weather is inclement we will get football fit in the barn and under the big tent. Campers should bring their game face, 2 bottles of water, beach towel, backpack and free weights of choice. Dress with layers for the weather as you will still get smokin' hot with Kold! Suggested weights: New to lifting – 5 lbs. Experienced: 8 lbs. – 15 lbs. as these are Total Body Moves.

DATE: SATURDAY, SEPTEMBER 26, 2015

TIME: 9:00 – 10 AM (be on site before start time or 10 pushups!)

Teen girls age 13 and up are eligible to attend if accompanied by an adult. A separate registration form is required for each adult. If you have teen(s) attending, please list:

Name: _____ Age: ____ Name: _____ Age: ____

Mail Payment & this Form



Trainer Jackie Kold, CPT, RYT, CSST, pictured left.

CAMP COST IS \$29 per person.

Mail in deadline Sept. 18th! Phone in registration Sept. 19 -25 based on space.

MAIL FORM WITH YOUR CHECK PAYABLE TO:
 Jackie Kold Fitness and Yoga: Get Fit on the Farm
 5N201 Shady Oaks Court, St. Charles, IL 60175.

Non-clients must complete and also submit the Health History and Waiver found on the studio website under JKFY forms thru the link at the bottom of the site at www.jackiekoldfitness.com with registration.

SPACE IS LIMITED SO DON'T DELAY! CALL JACKIE AT 630-584-2254 for more info!