FFBC (Fitness Fun Boot Camp) would like to Welcome You . . .

**Congratulations on your choice to GET FIT and have FUN!**

**Here are some important things to remember:**

* Boot Camp meets each day unless told otherwise at Day Creek Park.
* Please ALWAYS arrive on time or even a few minutes early!
* Bring your 5 lbs or 8 lbs hand weights, a yoga mat and water each day.
* Be courteous to neighboring homes by not SCREAMING!
* Avoid all four letter words except “Yeah!”
* If you MUST miss a day, let me know before that day arrives! (text or email)
* Give 110% effort!
* If you have an unusual ache or pain, tell me immediately. Please do not show up to camp with an injury!
* You MUST have fun!!!
* Running Shoes are the best shoes for camp.
* Avoid perfumes!
* You might want to eat something simple & small before class. Bring a snack for your car for after class to help stabilize your blood sugar levels

**Your Boot Camp Adventure Begins**

**Promptly at: 8:30 am**

**Arrive at least 10 minutes prior to class and begin walking to warm up**

**Location: Day Creek Park**

**Day Creek / Banyan**

In the event of rain we will move to Studio 30 at 9581 Business Center Drive

Bldg. 12 Ste E

Rancho

**Any questions please call Cathy Gonzalez
909-957-2358**