



Gazelle Boot Camp 2010

Former and current Gazelles lead four demanding, yet fun boot camp designed for both runners and runners-to-be. The program focuses on your core muscles, building balance and strength with a mix of new drills, well-known exercises, and medicine ball throws. Each session lasts for one hour, and all classes meet at RunTex Riverside in the Annex building. ****Please bring your own Yoga Mat or towel****

START DATE: First Monday of each month

LENGTH: One month

FREQUENCY: M/W 5:30 p.m., Tuesday 6:00 a.m., Friday 5:30 a.m.

COST: \$60/month, Free to current paying Gazelle members

LOCATION: RunTex Riverside, 422 W. Riverside Dr.

****INFORMATION SESSIONS 4TH SATURDAY OF EVERY MONTH AT RUNTEX ****

Highlights

- Experienced instructors
- Four meetings per week
- Exciting, fun atmosphere with a variety of exercises, lifts, and throws
- 15% discount at all RunTex locations
- Free to current paying Gazelle members

REGISTRATION FORM

First Name: _____ Last Name: _____

Address: _____ Age: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Email: _____ Shirt Size: S M L XL Gender: M F

Attach Cash or Check made payable to: **Gilbert's Gazelles**

WAIVER

In consideration of this entry, I hereby release Gilbert Tuhabonye, RunTex, the officials of this program and any and all groups, people, and facilities connected with the RunTex Gilbert's Gazelles Training Group for any and all injuries incurred to me or by me or any acts or omissions by any organization, or individual that take place during said program. I further certify that I am physically able to participate in this program. I hereby grant full permission to any and all of the forgoing to use any photos, videotapes, motion pictures, and recordings or any record of this program.

Signature: _____ Date: _____