

# Men's

ENHANCE



# Fitness Boot Camp

Balanced Nutrition...  
Excellent Workouts...  
Real Results...

[www.enhancept.com](http://www.enhancept.com)

Personal Training & Athletic Performance, Inc.

## Format:

Each class will be different. Class varieties include, but are not limited to, boot camp, strongman techniques, pilates, yoga, interval training, high intensity training, strength training, cardiovascular training, sport specific training, motor skill exercises, light weight exercises, body weight exercises, agility drills, speed drills, endurance training, functional training, floor exercises, plyometrics, isometric exercises, and many more.

## 6 Week Fitness Program

### All fitness levels are welcome.

Class structure is %challenge by motivation, challenge by choice+. Our classes and instructors are committed to teaching, motivating, and challenging the students. Enhance Boot Camp is a boot camp/group fitness program that uses any and every possible way of physical activity to burn the maximum amount of calories during each session. The best part is that no two workouts will be the same.

### Dates & Times:

- ~ June 19<sup>th</sup> . July 26<sup>th</sup> 2010
- ~ Saturdays (excluding 07/03/10)
- ~ 7:00 . 8:00am

### Location:

- Waiola Park
- 47<sup>th</sup> & Waiola
- La Grange, IL 60525

### Enrollment includes:

- ~ Free T-shirt
- ~ Free Online Meal Planner
- ~ 10% off in-home training

### About your trainer:

**Mike Padua** is an experienced certified personal trainer. Mike received his Bachelor Degree from DePaul University in Physical Education, with a minor in coaching. While at DePaul, he was a strength and conditioning coach for several of DePaul's division I athletic teams under the supervision of the head strength coach Tim Lang. Mike has been training since 2002 emphasizing on athletic performance, weight management and joint stability.



For more information. please contact: Michael J. Padua Jr.  
Cell: 312.401.1169 Email: [mike@enhancept.com](mailto:mike@enhancept.com) [www.enhancept.com](http://www.enhancept.com)

**Enhance Personal Training & Athletic Performance, Inc.**  
**FITNESS BOOT CAMP**

**Saturdays, 7:00 – 8:00am Men’s Fitness Boot Camp at Waiola Park, June 19<sup>th</sup> – July 31<sup>st</sup> 2010**  
*No class on July 3<sup>rd</sup>*

*please check:*

\_\_\_\_\_ **Pre-Pay Total Cost: \$96 (June 19<sup>th</sup>, 26<sup>th</sup>, July 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, & 31<sup>st</sup>)**

\_\_\_\_\_ **Pay As You Go: \$20 per class**

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

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

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Please Check Payment Type:

\_\_\_\_\_ Cash \_\_\_\_\_ Check \_\_\_\_\_ Credit

Charge My: \_\_\_\_\_ VISA \_\_\_\_\_ MasterCard \_\_\_\_\_ AMEX

Account #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Cardholder’s Signature: \_\_\_\_\_ Date \_\_\_\_\_

- *Full payment must accompany the registration form. With a Director’s approval, a pro rated fee will be charged to any student enrolling after the start of a session.*
- *Checks are made payable to “Enhance Personal Training & Athletic Performance, Inc.”.*
- *Class fees are non-refundable except in the following circumstances:*
  - Documented medical disability
  - Class cancellation due to minimum enrollment of 6 participants not being met.

**Please mail registration, health history, consent form, and payment to:**

**Michael J Padua Jr.**  
**811 S. Lytle St. Unit 215**  
**Chicago, IL 60607**

# Enhance Personal Training & Athletic Performance, Inc.

## FITNESS BOOT CAMP

### *Health History Form*

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: M F

Medical Professional's Name: \_\_\_\_\_

Medical Professional's Phone: \_\_\_\_\_

Person to contact in case of Emergency:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship to emergency contact: \_\_\_\_\_

**Are you taking any medications or drugs, including over the counter supplements, vitamins, or herbs? If so, please list below.**

Medication	Dosage	Prescribed for	When started

**Do you now, or have you had in the past: (check if yes, leave blank if no)**

1.  **History of heart problems, chest pain or stroke**
2.  **Increased blood pressure**
3.  **Family history of heart disease, esp. Myocardial Infarction less than 50 years of age.**
4.  **Balance problems, dizziness or loss of consciousness**
5.  **Living a sedentary lifestyle not accustomed to physical exercise**
6.  **Have you had chest pain when you were not doing physical activity**
7.  **Any surgery within the last 12 months**
8.  **Pregnancy within the last 3 months**
9.  **History of breathing or lung problems**
10.  **Muscle, joint or back disorder, or any previous injury still affecting you**
11.  **Diabetes**
12.  **Metabolic disease (thyroid, renal, liver)**
13.  **Cigarette smoking habit**
14.  **Increased blood cholesterol**
15.  **Hernia, or any condition that may be aggravated by lifting weights**
16.  **Do you know of any other reason why you should not do physical activity**

**Please explain any "YES" answers on the back of this page**

**Enhance Personal Training & Athletic Performance, Inc.**  
**FITNESS BOOT CAMP**

*Consent Form*

I, \_\_\_\_\_, give my consent to participate in the physical fitness program conducted by Michael J. Padua Jr. and Enhance Personal Training & Athletic Performance, Inc.

**Benefits**

Participation in a regular program of physical activity has been shown to produce positive changes in a number of organ systems. These changes include increased work capacity, improved cardiovascular efficiency, and increased muscular strength and power.

**Risks**

I recognize that exercise carries some risk to the musculoskeletal systems (sprains, strains) and the cardio respiratory system (dizziness, difficulty in breathing, heart attack). I hereby certify that I know of no medical problem (except those noted below) that would increase my risk of illness and injury as a result of participation in a regular exercise program.

**Known Medical Problems**

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I have read and understand this form and the program it described, and I do voluntarily request the right to participate in the training program. I do hereby discharge, release, and hold harmless Enhance Personal Training & Athletic Performance, Inc., Michael J. Padua Jr., employees, facility, and agents from any and all liability for damages resulting from injury by participating in the training program.

Participant's Signature: \_\_\_\_\_

Parent/Guardian's Signature (if under age 18) \_\_\_\_\_

Date Signed: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_