

# Boot Camp

STARTING JUNE 9<sup>TH</sup> WITH RICHIE STORY!!!!  
What is it and how do I get started???

- Back to basics circuit based training with a difference ALL OUT DOORS.
- Open to non members so bring a friend.
- What to do – Arrive at reception 10 mins prior to class, sign in and get your band. (members can leave their name as deposit for cards)
- €8 payable at reception with €5 deposit returned before 9pm when band is returned band (after 9 €5 is a made payable to the NAC)
- Fill out your screening form (if your not member and haven't done it already), give it to your instructor.
- Go to the grounds to the front of the building( reception will point you in the right direction) and get SWEATING!!!