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:**

* The Upland Camp meets each day unless told otherwise at Cable Airport.
* 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**.
* 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 after class to stabilize your blood sugar levels.

**Your Boot Camp Adventure Begins**

**Promptly at: 5:30 am M, W, F**

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

**Location: Cable Airport, Upland**

**13th Street Entrance**

*Turn into Cable Airport from Benson Avenue onto 13th Street. Park in the parking lot behind the restaurant and follow the orange cones on the left to your destination.*

**Please contact Cathy Gonzalez with any questions or concerns:
909-957-2358**