



# ST. LUKE'S BOOT CAMP REGISTRATION FORM

Name \_\_\_\_\_

Session: October 6-November 25, T, W, F

Female \_\_\_\_\_ Male \_\_\_\_\_ Age \_\_\_\_\_

T-Shirt Size (please circle)  
Adult S M L XL

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

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

### Emergency Contact

Name \_\_\_\_\_

Phone \_\_\_\_\_

\$260 payment by check\* or cash

\*Make check payable to:

St. Luke's Presbyterian Church  
"Boot Camp" on Memo Line

Return registration form and check to:  
ATTENTION: Shirley Carrier, St. Luke's  
Presbyterian Church, 1978 Mount Vernon  
Road, Dunwoody, GA 30338-4617



## Meet Our Certified Trainers...

### Scott Mandy, Director

Scott Mandy is the Head Strength and Conditioning Coach at Marist School. He is a Certified Strength and Conditioning Specialist and a USA Weightlifting Club coach. Scott earned his Bachelor's Degree in Exercise Science from Georgia Southern University and his Master's Degree from Armstrong Atlantic State University. He coaches numerous individuals from the grade school to the professional level.

### Adrienne Hixon

Adrienne Hixon was the Fitness Center Director and Strength and Conditioning Coach at Darton College before relocating to Atlanta. She is a Certified Strength and Conditioning Specialist. Adrienne earned her Bachelor's in Exercise Science from Georgia Southwestern University and her Master's Degree in Kinesiology from Georgia Southern University. She has coached various age groups from high school to college athletes to senior adults.

# ST. LUKE'S BOOT CAMP



St. Luke's Presbyterian Church  
1978 Mount Vernon Road  
Dunwoody, GA 30338-4617  
770-393-1424 • [www.slpres.org](http://www.slpres.org)

## Boot Camp Philosophy

The philosophy of St. Luke's Boot Camp is strength, stamina, and flexibility. The program combines cardiovascular, functional and strength training exercises in a regimented, three days a week program.

Take a few hours out of your life to change the way you look and feel. Make a commitment to a new you! Whether you want to lose weight, tone your body, control your blood pressure, increase your energy level, or just become healthy and fit...this Boot Camp is for YOU!



### Daily Highlights



Cardiovascular Training

Strength Training

Flexibility Training



Core Strength Training

Dynamic & Static Stretching



Cool Down

## BOOT CAMP INFORMATION

### SESSION:

**October 6-November 25**

3 days a week/8 weeks

Tues, Wed, Fri

6-7 a.m.

**AGES:** Adults

**WHERE:** Great Hall

**COST:** \$260\*

\*A 20% cash rebate will be offered to all participants that attend 95% of the classes.



## FOR ADDITIONAL INFORMATION CONTACT

Scott Mandy

770-936-2246

mandys@marist.com

## Medical Information

Allergies: \_\_\_\_\_

Physical concerns staff should be aware of:

### Please Read and Sign the Following Statement

I recognize there are inherent risks involved in this sport activity. In consideration of the services provided, I hereby release and hold harmless, St. Luke's Presbyterian Church and Scott Mandy, doing business as St. Luke's Boot Camp, and its directors, employees and agents from any and all liability for injuries including those resulting in death, and illnesses incurred while attending Boot Camp or occurring as a result of having attended Boot Camp. I certify that I am in good health and am able to participate in all program activities. Furthermore, in the event of an emergency requiring medical attention, I shall pay for the services rendered.

\_\_\_\_\_  
Signature (ink only)

\_\_\_\_\_  
Date