What are you waiting for? Let's get in shape.
You know what they say, “no pain, no gain!”
although, this fitness program will keep you coming back for more!
Wayne County Cooperative Extension is now taking registrations for
BOOT CAMP II starting in September.
These programs fill up quickly and space is limited, so don’t delay, register early!

BOOT CAMP II Class Information
September 4, 2012 thru November 7, 2012
Time: 6:00 p.m. till 7:00 p.m.
When: Monday and Wednesday *
Where: Wayne Center, 208 West Chestnut Street, Goldsboro, NC 27530
Routine: Zumba and Aerobics - alternating sessions
Program Fee: $20.00
REGISTRATION DEADLINE: Aug. 29, 2012 Or when 75 participants have enlisted!
*Due to facility scheduling some sessions meet on Tuesday or Thursday
Registration fees are nonrefundable.

Pre-paid registration is required! Please mail or deliver your registration fee (cash or check) and
registration form below to Diane Lynch at Cooperative Extension, PO Box 68, Goldsboro, NC 27533. Make checks payable to the County of Wayne. Questions: call Diane @ 919-731-1525.

Boot Camp II Registration Form
Dates: September 4—November 7, 2012
Program Fee: $20.00

Name: ________________________________________________________________
Street Address: _________________________________________________________
City: ___________________________ State: ___________ Zip: _______________
Daytime Phone: _________________________________________________________
Email: ________________________________________________________________

NCSU & NC A&T University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age or disability. In addition, the two Universities welcome all persons without regard to sexual orientation.