

AthletiCamps 2012 Education Series

(Check which classes you will attend)

Training theories and concepts I - January 11 th	
Achieving your optimal weight for top performance – January 25 th	
Balance, stability and agility – February 8 th	
Training theories and concepts II – February 22 nd	
Nutrition on the bike (in endurance sports) – March 7 th	

Registration and Class Schedule

Where: AthletiCamps Office - 7610 Folsom Auburn Rd Suite 130

When: All classes begin at 6:30 PM and will last approximately 1.5-2 hours

Cost:

- \$40 for all five classes when paid in advance - recommended (non-refundable)
- \$10 per class when paid separately in advance (non-refundable or transferrable)
- \$15 the night of the class

Mail this form and a check made out for the proper amount to:

AthletiCamps 2012 Education Series
7610 Folsom Auburn Rd – Suite 130
Folsom, CA. 95630