



REGISTRATION

Members Name: _____ Date: _____

Email Address: _____

Phone: _____ Signature: _____

PROGRAM	CLASSES/WEEK	MONTHLY COST	COST/CLASS	CHOICE
BCSGT 1	1	Varies by month/see reverse side	\$25.00	<input type="checkbox"/>
BCSGT 2	2		\$22.50	<input type="checkbox"/>
BCSGT 3	3		\$20.00	<input type="checkbox"/>
CLASS TIME CHOICE	M-W-F 9:30 am	<input type="checkbox"/>	T-TH-S 9:30 am	<input type="checkbox"/>
	M-W-F 5:30 pm	<input type="checkbox"/>	T-TH-S 5:30 pm (Saturday class will meet at 11:30)	<input type="checkbox"/>

If your class selection has filled, you will receive an email from the Fitness Director with other options.

If you have selected a less than 3x per week option, please write which class time you are hoping to attend here: _____

Drop ins are allowed if a class has less than 12 participants that day. Drop in price is \$35 per class attended. Talk to the trainer to drop in that day.

BILLING INFORMATION

- Base Camp Small Group Training is automatically billed to your account at the beginning of each month for the entire month. This program is NOT billed on a per class attended basis.
- Classes are non-refundable
- Program is in effect, in full month increments, until the member cancels it by emailing sboring@racmn.com
- Class sessions are not transferable within the family
- Missed sessions do not carry over to the following month
- The Rochester Athletic Club reserves the right to adjust fees for this program

PROGRAM SPECIFICS

- Each Base Camp Cycle is 3 months in length, and workouts within each cycle build on each other
- There are 4 Base Camp Cycles per year, and each cycle builds on the previous
- Priority will be given to members signing up for 3x per week. The program is design based on the 3x week frequency.
- Any member signing up for less than 3x per week is only guaranteed a spot for the cycle after that class cycle has officially started.
- If space is available, members may join in the middle of a cycle—our trainers are able to get you up to speed quickly and safely! Fees would be prorated for that month.



2025 SCHEDULE/BILLING INFORMATION

Pricing reflects BCSGT 3

MONDAY / WEDNESDAY / FRIDAY

MONTH	NUMBER OF CLASSES	MONTHLY COST
January	13	\$260
February	12	\$240
March	13	\$260
April	13	\$260
May	12	\$240
June	13	\$260
July	12	\$240
August	13	\$260
September	12	\$240
October	14	\$280
November	12	\$240
December	12	\$240

There are no classes held on New Year's Eve, New Year's Day, Memorial Day, Fourth of July, Labor Day, or Christmas Eve

TUESDAY/THURSDAY/SATURDAY

MONTH	NUMBER OF CLASSES	MONTHLY COST
January	13	\$260
February	12	\$240
March	13	\$260
April	13	\$260
May	12	\$240
June	13	\$260
July	12	\$240
August	13	\$260
September	12	\$240
October	14	\$280
November	12	\$240
December	12	\$240

There are no classes held on Thanksgiving Day or Christmas Day