

**BEGINS  
AUGUST 19**

**BEGINS  
AUGUST 19**



# **OUTDOOR BOOT CAMP**

**BURN FAT / BUILD MUSCLE**

A 6-week, 30-minute program with Kenny Hargadon. This workout is designed with interval training with bursts of intense activity and rests of lighter activity. Expect cardio, light weights and bodyweight exercises.

1<sup>st</sup> class is free, then \$20/CLASS  
**SUNDAY- 10:00AM**  
**THURSDAY - 6:00PM**

**Register TODAY!**

Call John Kecman at 301-598-5200 ext. 123 or email at [john.kecman@aspenhillclub.com](mailto:john.kecman@aspenhillclub.com) for information. View the back of this flyer for Instructions on how to register.



# Registration For Boot Camp Classes

In order for you to be able to reserve your workout you must have access to our Member Self Service/Empower M.E. If you do not please contact please contact Tina, Lori or Mindy at [tle@aspenhillclub.com](mailto:tle@aspenhillclub.com), [lcarter@aspenhillclub.com](mailto:lcarter@aspenhillclub.com), or [mcarter@aspenhillclub.com](mailto:mcarter@aspenhillclub.com) for assistance. If you do have access, please follow the steps below.

1. Log Into Empower M.E. (EME)/Member Self Service (MSS).
  - a. <https://www.ourclublogin.com/Account/Login>
  - b. You can also access the Member Account Login page from the AHC app or website.
  - c. You will have to login with your username and password.
2. Once are on the home page, select the navigation menu (Three dashed lines surrounded by a blue circle to the left of your screen under the Club's logo). The menu will pop up, select the down arrow of "My Activities", then select "Class Schedule".
3. Click on the "Select Category" drop down menu on the right side of the page and select "Personal Training" and ensure the calendar is set to week of August 2<sup>nd</sup>.
  - a) Once you Select Fitness – the Boot Camp classes available will pop up.
  - b) Next, Select the calendar icon and search for the day you are looking for.
  - c) Select the class that you would like to participate in by clicking on the arrow on the right side of the class you are interested in; once you have expanded the class you will be able to read the long description.
4. Select the "Sign Up" button and follow the prompts.
  - a) You can pay for the class by charging your credit card on file – or simply by charging your account.
  - b) "Thank you for your order screen" will appear once your sign-up has completed and you will receive an email confirmation.

#### **The Aspen Hill Club Waiver**

Each Member of The Aspen Hill Club Limited Partnership (DBA - The Aspen Hill Club) shall be liable for any property damage and/or personal injury (caused by the Member, Member's Family or Guest, or any other person) at The Aspen Hill Club Limited Partnership or any activity or function operated, arranged, or sponsored by The Aspen Hill Club Limited Partnership. It shall be the obligation of the Member to pay for any costs involved upon presentation of a statement thereof. Any and all use of the Aspen Hill Club Limited Partnership facilities, or participation in The Aspen Hill Club Limited Partnership activities operated, arranged or sponsored by The Aspen Hill Club Limited Partnership either on or off of the Club's premises by the Member, Member's Family or Guest(s) shall be AT SUCH PERSON'S OWN RISK, and The Aspen Hill Club Limited Partnership, Aspen Hill Tennis, Inc., their owners, officers, servants, employees, agents, subsidiaries, affiliates, and/or partners shall not be liable for any injuries or damage to such person, or the property of such person, or be subject to any claim, demand, injury, or damages. The Member individually, and on behalf of the member's personal representative, heirs, administrators, assigns, and successors does hereby expressly forever release and discharge The Aspen Hill Club Limited Partnership, Aspen Hill Tennis, Inc., their owners, officers, servants, employees, agents, subsidiaries, affiliates, and/or partners from any and all such claims, demands, actions, or causes of action.

#### **The Aspen Hill Club Photography Waiver**

I hereby waive any and all rights to and expressly grant permission to The Aspen Hill Club to reproduce the images they create of me, my family and/or others photographed as part of marketing or other business purposes. I give them my permission to use these images for display, advertising, and publication.