

New Programs for 2022

Name Rock Your Fitness Boot Camp

Description This is an all fitness level bootcamp program emphasizing fun and fitness with proper modifications provided for various fitness levels.

Ages 16+

Grades N/A

Dates June 2-June 23

Times Monday and Thursday 5:30-6:15

How does it benefit the Community? Boot Camp style fitness classes have been known to build strength and aerobic endurance, burn calories, and so provides a total body workout. In addition, participation in any group activity provides positive social and mental benefits.

Income		# of part.	Fee	Amount
Registration	City	4	\$105	\$420
	Non-City	6	\$125	\$750
	Other			\$
Total Registration		10		\$ 1,170.00
Sponsors				\$
Other-List	<u>Drop In - City Resident \$18.00/Non-City Resident \$20.00</u>			\$
				\$
Total				\$

Expense					Amount
Donated Items					\$
					\$
Other Expense					
1. Staffing					
	Rate	# of Staff	# of hrs/day	# of days	
Rec. Asst.					\$
Rec. Leader	\$14.75	1	1.5	7	\$154.88
Rec. Spec L1					\$
Rec. Spec.					\$
Independent Contractor		- See Agreement		60/40 Split	\$ 702.00
2. Start up					
Supplies - List					\$
Equipment - List					\$
3. Other					
Arts & Crafts					\$
Medical					\$
Marketing					\$100
Balls					\$
Shirts					
		# of	Cost \$ each		
	T-shirts				\$
	Jerseys				\$
	Coaches/Referee				\$
Equipment-List					\$
Equipment to be provided by Rock Your Fitness					\$
					\$
Other-List					\$
					\$
					\$
Total					\$966.88

