



# Mama's NIGHT OUT

With Mama Bootcamp

FIND YOUR MOJO, GET A GREAT WORK OUT,  
AND HELP LOCAL CHILDREN!

**WHERE:** Arco Arena, One Sports Parkway, Sacramento

**DATE:** Friday, August 22, 2008

**TIME:** 6:30 PM

**COST:** \$10.00

Get excited because Mama Bootcamp is presenting its 1st ever, Mama's Night Out!

All proceeds from Mama's Night Out will allow children from area nonprofits to attend the Sacramento Monarchs vs. the WNBA Champion Houston Comets on August 30th at 7 p.m. – A chance they'd never get without you!

Mama's Night Out is open to all females of all ages. Bring a friend and get ready to work out for a great cause!

Be sure to bring:

- A yoga/fitness mat
- 1 set of 5 lb weights
- Your favorite sneakers

FOR more info ABOUT  
Mama BOOTCAMP  
GO TO [WWW.BODYBYCODE.COM](http://WWW.BODYBYCODE.COM)



**RETURN REGISTRATION FORM AND PAYMENT TO ASHLEE DESKIN  
FAX 916.928.1497 OR ONE SPORTS PARKWAY, SACRAMENTO CA. 95834**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: (\_\_\_\_) \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

# \_\_\_\_\_ Tickets at \$10.00 = \$ \_\_\_\_\_ Total Due

VISA/AMEX/DISC/MC: \_\_\_\_\_ EXP. DATE: \_\_\_\_\_

CARDHOLDER SIGNATURE: \_\_\_\_\_

**DEADLINE to Order Is July 30, 2008 ORDER YOUR TICKETS TODAY!**

FOR INFO ABOUT THIS EVENT  
FOR MONARCHS TICKET INFO

Lorri Ann Code  
Ashley Deskin

PHONE 916.300.8576  
PHONE 916.928.3634

EMAIL [LorriAnn@bodybycode.com](mailto:LorriAnn@bodybycode.com)  
EMAIL [adeskin@arcoarena.com](mailto:adeskin@arcoarena.com)