

# ***Bootcamp FAQ's***

## **What is a Repeat Offender in Bootcamp?**

Anyone who previously attended a round of Bootcamp with PerformMAXX Fitness at anytime. Repeat Offenders always receive a discount and save additional \$\$\$ off their registration fee.

## **How else can I save money on my registration fees for Bootcamp?**

Whether you are new to Bootcamp or a Repeat Offender, REFER REFER REFER! Anyone that brings a new family member (spouse, sister, child, etc.), friend, or co-worker to Bootcamp and they sign up for the full round, you receive a \$20 discount on your registration fees. If they sign up for a pro-rated round (only paying for certain classes and not a full round), then you receive \$10 discount. If 3 new clients register for a full round and use your name as a referral, you save  $\$20 \times 3 = \$60$ .

## **You give away free Bootcamps?!?!?!?**

Each round, for every client you refer, you will receive a ballot to win a free round of Bootcamp for the following round. Draw takes place on the last class and you must be in attendance to enter (or someone may enter for you on your behalf). It will not carry forward to future rounds beyond the next.

-Refer someone who registers for a full round, receive 3 ballots per.

-Refer someone who registers for a pro-rated round, receive 2 ballots per.

-Refer someone who drops-in for a couple classes, receive 1 ballot per.

\*\*\*Social donations are also given to PerformMAXX Fitness Clients, for their family and/or closest friends and charities.

\*\*\*If you attend one of our MAXX FIT Fundraisers, PerformMAXX Fitness always donates a Free Round of Bootcamp as one of its prizes!!

## **I can only attend certain classes, can I pro-rate my registration fees and only pay for the classes I can attend?**

Absolutely! This must be determined at the start of Bootcamp round.

## **I can't afford to pay for the full round of Bootcamp at the start. Can I make a couple payments throughout the round?**

Yes. No problem at all! Just inform us :)

## **I am out of shape, haven't exercised in forever, too old, etc. etc. Will I be able to do Bootcamp?**

99% yes! Before you get started, you will have to fill out a PAR-Q form from Health Canada. There are 7 YES and NO Questions. If one of the questions is a definite "YES", you will need a doctor's note in order to participate in any physical activity, especially Bootcamp. This is in place for YOUR safety. If you have any questions regarding this, please contact me or speak with your medical health professional.

If you checked NO to all 7 questions, then get ready to work hard! However, you go at your own pace. If you need a break, take a break. If you need to catch your breath, slow down. If you need water, drink water. If you need to run to the washroom, GO! If you need a modification to make an exercise a little bit easier or you have an injury that prevents you from performing a range of motion, just let us know and we'll be sure to give you an alternative and keep you going and in full workout mode! Our Bootcamps provide an excellent workout for men & women of all athletic abilities and ages. Each and every individual will benefit from our fun & challenging workouts providing they stay committed to each session and workout to the best of their ability while at Bootcamp.

## **Is Bootcamp tough? Do you yell and scream???**

Bootcamp is tough! But if it wasn't, I would have been out of business 10 years ago. It is meant to challenge you and bring out the absolute best efforts you can give! This will help you achieve your goals a lot faster and make you feel a lot more accomplished and successful!

As for yelling and screaming, if I didn't raise my voice, you would never hear me over the music! Loud encouragement and motivation is encouraged not only by me, but the occasional WOOOOOOOO WHOOOOOOO from our Bootcamp Warriors! Coaches that yell and scream and put down participants don't work for PerforMAXX Fitness, nor have any association.

## **Okay, I'm in!!! What do I do my first session???** **What do I bring???**

Before you even drive to class, be sure to eat a smart and healthy meal or snack 1-2 hours before attending Bootcamp. Your first class, PLEASE try and come at least 15-20 minutes early to accurately fill out and sign all forms and make payment. A PerforMAXX Fitness Waiver and Assessment Form will have to be filled out on the first day of bootcamp along with a Par-Q form. This will only take 5 minutes, however, it is nice not to be rushed, have washroom access before we start so you don't miss any instruction, and ask any questions that you might have.

### **\*\*\*For every class, you are going to need:**

- Good Running Shoes**
- Yoga Matt/Towel**
- Water Bottle**
- 5-10 lbs Dumbbells**
- A change of clothing**
- A post workout drink or snack**
- (Summer months) If we are going outside, a hat, sunscreen, mosquito spray, etc.**
- Possible packs once in the groove: A second set of heavier dumbbells, ankle weights, loop resistance bands**

**\*\*\*If you don't have dumbbells or a yoga mat, you are more than welcome to borrow mine as I have lots of extras on hand... however it is first come first serve.**

## **I would love to try Bootcamp, but I'm not sure if it's the right fit for me? Can I try one class and go from there?**

Of course! Drop In Fee is usually \$10, but only \$5 for first time new clients, first session only. This way if Bootcamp just isn't for you, it only cost you \$5 and there is zero obligation! However feedback is very precious and we would love to hear how we could have made your workout a more enjoyable experience.

## **I missed a class or two, can I get a credit?**

If you sign up for Bootcamp and miss a session or more, there is "no" credit given towards future classes in future rounds. (unless of course the circumstances are extraordinary, ex. You get very very sick, child very very sick, death in family, etc.) If you pro-rate a round of Bootcamp, you may make it up on another date within the same round, no problem at all. Attending is your responsibility!!

## **Refund Policy (As signed on PerformMAXX Fitness Waiver)**

The undersigned client agrees to the following refund policy pertaining to PerformMAXX Fitness Bootcamps or Personal Training; PerformMAXX Fitness does not give refunds for Bootcamp or Personal Training sessions paid for. They are not transferable to others; however PerformMAXX Fitness will offer a credit note towards a future PerformMAXX Fitness Bootcamp or Personal Training session if space is available. If a registrant give sufficient notice (7 or more days) prior to the start of Bootcamp, a full refund will be issued. If the cancellation is less than 7 days to the start of Bootcamp or Bootcamp has started, a \$50 administration charge will/may be applied to their credit. (If insufficient reason is given or no communication made)

## **Class or Camp cancellations:**

A minimum amount of registrants is needed per time slot to have Bootcamp start. If registration does not meet the minimum requirement, PerformMAXX Fitness reserves the right to cancel a Bootcamp time slot within 24-48 hours notice of first day of camp. If registration is very low, participants will be contacted well in advance. Registrants will receive a full refund. If a class has to be cancelled do to an emergency or some reason of similar nature, we will do our best to notified you ahead of time. A make up class WILL happen and will be what works best for the whole group. (more then likely the same day/time, and just added onto the end of the calendar round)

## **Do you do morning classes during the week days?**

Not right now. If the demand is there, I am open to suggestion. Times are only what is specified on the advertisement section within the Bootcamp tab above.

## **RAIN OR SHINE, what's the scoop?:**

The great thing about having an indoor facility is that we can go indoors! Weather permitting, we may go outside and use the street for a workout or the multiple parks that are in the area. However, if it rains, lightning's, mosquitos are bad, snows, really cold, really hot, etc. etc., we have a beautifully air conditioned/heated facility with washrooms and water accessibility.

## **More Questions?**

If you have any more questions, please let us know and we will get back to you ASAP!!!