

1. I'm out of shape. Is there a certain level of fitness needed to attend boot camp?

No, we encourage all men and women over the age of 18 to attend. Moms, Dads, business executives, college students, Starbucks junkies and fitness enthusiasts will all benefit from boot camp. All you need is a willing attitude to succeed. Because of our unique individualized approach your current level of fitness is not a deterrent.

2. Do you do any type of health screening?

Yes, each client will fill out a Physical Activity and Readiness questionnaire which enables us to design a program that will give you results. We measure your blood pressure, weight, body fat percentage and various circumferences before you begin the program and again at the conclusion. This brief screening reveals potential risks and allows us to focus on individual goals.

3. What will a typical boot camp class consist of?

Each class will be one hour in duration and will include a variety of activities such as: circuit and resistance training, cardiovascular exercise, obstacle courses, push ups, crunches, core stability training and hiking. Variety is one of the keys to your success.

4. What kind of results should I expect?

Everyone's body responds differently to exercise. Healthy weight loss is typically 1-2 pounds per week; however results will vary with each individual. You will see an improvement in cardiovascular endurance, strength, flexibility, energy levels, and even self esteem. 70% of an effective exercise program is nutrition. You can exercise 6-7 days per week and not see the results you are looking for if you are not eating properly. We will offer guidance in the area of good nutrition in order to ensure you see the best results possible.

5. What should I bring to class?

A water bottle, towel or exercise mat, 3 sets of hand weights (3-10 lbs. for women, 8-15 lbs. for men). Weights & mats can be purchased at Target or any sporting goods store. Most importantly, bring a desire to make a difference in your health.

6. What do I wear to class?

Black pants or shorts, the boot camp T-shirt you will be provided with, and running shoes. The right pair of shoes makes a big difference in comfort level. No jewelry please.

7. I already have a gym membership, why should I pay for a boot camp?

The boot camp provides a variety you won't get at the gym. When you go to the gym you have a tendency to do the same routine. The body adapts very quickly to the training you provide it, therefore it is important to provide variety in order to avoid reaching a plateau. The Fitness Boot Camp provides variety, and intensity which leads to results. The group setting promotes a welcoming solidarity that helps encourage participants to do their best!

8. What is the class size?

The number of people per class varies however there is a 20 person limit. Limiting the class size enables us to give individualized attention ensuring a more effective workout. Correct form is crucial for safety and success.

9. I'm really busy. I'm not much of an early riser. I don't have a lot of money. I don't like to exercise. I have a long list of excuses. Why should I be there?

Listen, you can come up with a thousand reasons why you can't attend. Here is the 1 reason why you can't afford not to, YOUR HEALTH. Heart disease is the #1 cause of death in the U.S. After poor eating habits, inactivity is the 2nd contributor to this problem. Put down the remote, get off the couch and get on the move.

10. What happens after the 1st 6 weeks of boot camp?

We will repeat the measurements made at the beginning and make recommendations for your continued success. There is no limit to the number of camps you can attend.

11. I'm scared by the boot camp theme; it seems too intense for me. What are your thoughts?

If you fear being in good physical condition, then your fears are well-founded. Our goal is not to talk down to you or make you feel inferior. You will never be pushed beyond what you can safely do. Our mission is to get you where you want to be. Improving your health and building your confidence is our #1 priority.