

Need to Know Info for Backcountry Fitness Bootcamp

Thank you for registering for Backcountry's bootcamp classes! I look forward to every new and familiar face that comes to my classes.

My aim is to make bootcamp fun yet effective for every single person by challenging them to work at *just* the right amount of intensity. So no matter how old you are, no matter what your fitness level is, as Backcountry's trainer, I promise to make each and every exercise perfect for you.

So here's what you need to know about Bootcamp:

1. Book Online! Claim your bootcamp spot by paying and filling out the online registration form. First come, first served.
2. Check the website regularly for monthly fee changes.
3. Post dated cheques are due on the **first day** of each month.
4. For each class, bring a yoga mat, a pair of 2-5 pounds weights, a towel, a skipping rope, and a water bottle.
5. Missed Class Policy: there are NO REFUNDS. A doctor's note will give you class credit towards a future class within the same month. Unless you're sick or injured, you will require a doctor's note for missed classes. No exceptions.
6. A two month bootcamp schedule is on the Backcountry Fitness & Conditioning website. Please check **Facebook** regularly for any last minute changes.

Ask Me about Referral Bonuses and Commitment Discounts!

A 6-month membership commitment saves you \$30 and helps you achieve your goals!

Looking forward to seeing YOU at bootcamp!

Christina Hooper, PTS