

## Corona Fitness Camp Common Questions

### What is the sign-up process?

Go to the Registration Page and fill out the form. After filling out the registration form, please follow the payment instructor check or you can also pay secure online via credit card. Once you submit your information, you will receive instructions on how to complete your pre-evaluation.



### What is the Pre Camp Evaluation?

#### The Pre-Camp Evaluation includes the following:

1. We will give you an introduction to Boot Camp and answer any questions you have. We will also review your medical history.
2. We will take a few simple measurements to see where you are prior to beginning camp. We will explain what the measurements show. It's strictly for a post-camp comparison. This information will be held in the strictest confidence.
3. We will record your weight and measure your body fat percentage. Again, the important part is the matter. We just want to be able to measure your improvement. Don't be surprised if you see a reduction in your body fat over the four weeks!
4. You will receive your Boot Camp Info Packet and Boot Camp T-shirt or beanie.
5. See you at camp!

### What do I need to bring to camp?

You will need to bring one set of 3 - 8 lb. hand weights and any type of exercise mat. You will also want to bring water to keep hydrated during camp. Optional items are a towel to dry off with and gloves or mittens in the winter. Dress in a layered fashion. If it's chilly, you will get warm very fast!

### What if I sign up for the three day plan and then want to do all more days of the camp?

After starting camp, many women realize how fun and convenient it is so they request to sign up for more days. In addition, the more days they attend camp the greater the results. In these situations, you will simply be pro-rated from the point you decide to sign up for more days.



### Will I be sore sometimes?

Most people feel some soreness for the first 2-3 days. After that point, it is a slight soreness that is part of the process that lets you improve!

### What kinds of people go to camp?

They are people just like you. Someone who needs a little push to jump start their fitness and wellness program. Some exercise experience is needed to ensure a better flow of class.

### Is there a refund policy?

If you are unable to attend camp due to circumstances out of your control, we can offer you a refund if you notify us **prior** to the start date OR before the session is closed, however we will charge a \$50.00 cancellation fee. If we are notified after your session has started, we can only give you a credit towards another boot camp. This credit is nontransferable. There is no cash refund. This is not negotiable.

### What is a typical day like at camp?

That's difficult to say since each day is intentionally different to alleviate boredom. You can expect some light running, weight training, obstacle courses, core training and jumping rope each week. On special days, you will go hiking. It's always an adventure, and you will have fun! We teach you a great deal about proper form and "core stability."



**How soon will I see results?**

Performance improvement can take place in as little as three days. "Visual Improvement" can be seen in two to four weeks depending on your effort level. It's becoming common to see a camper lose 10-15 pounds within the first camp. Remember, everyone is different!

**What will I do after camp is over?**

You can get re-measured and tested to show your progress and success in the program (85% of the campers return for a second and third camp. Some come to every camp a

To register for a camp, go to our [Registration Form](#).

**So, are you ready to join the adventure? Contact Us Today!**