



# **FIT & FREE 2010 WEIGHT LOSS CHALLENGE!**

**FEATURING STEPHEN ARTERBURN'S BOOK,  
LOSE IT FOR LIFE**

## **Bootcamp Information**

There will be a 45min to an hr bootcamp every Saturday morning for all 12 weeks of the competition\*. This cost is included in your registration fee and is no additional fee for you. Below you will find some FAQ's about the bootcamp itself:

### **When will the bootcamps start?**

The first bootcamp will take place on Saturday, January 9<sup>th</sup>.

### **Do I need to sign up or can I just show up?**

Each campus will run the sign up a little differently. For Carrollton, you will need to sign up for specific time slots in order to participate and when the time comes you will be emailed further information and the opportunity to sign up. For the other 4 campuses, you do not need to sign up and can show up on the day off to participate.

### **Do I need to sign a waiver?**

No matter what campus you participate with and no matter the instructor or the facility, each participant does need to sign a waiver to participate in the bootcamp. This waiver must be returned back to us signed before you can participate in the first bootcamp.

### **What happens at a typical bootcamp?**

A typical bootcamp will involve running, floor exercises, group exercises, walking, stretching and much more. It is a specifically designed 45min workout to get your heart rate up, get you active and help you lose those pounds!

### **What is the skill level required to participate in the bootcamps?**

There is no set skill level required to participate in the bootcamps. Most instructors of our bootcamps do an amazing job providing exercises that can be modified to fit all skill levels by adjusting time, repetitions, the exercise itself, etc. Do not let a fear of not being "able" to do a bootcamp stop you from attending! We want you to come in, work at your pace and level and go to the next level for yourself!

### **Will I be able to ask specific questions about my own workouts?**

If time allows, you will be able to ask the instructors any additional questions you may have. These can range anywhere from specific work out questions, exercises to do at home, what should I be eating, I have pain in this area, how many times should I run a week, etc. All of the answers provided to you are the viewpoints and answers of the trainer themselves and do not necessarily represent the views of Covenant Church.

### **Can I participate in the bootcamp if I only registered for the FREE, Debt Loss Competition?**

Yes. However, since this was not included in your registration cost, there is an additional cost of \$15. This price will give you access to all 12 weeks of bootcamp. Even if you do not attend or only attend a percentage of the bootcamps, the \$15 dollar rate is a flat fee that is non-refundable.

\*subject to cancellation based on the instructors discretion