



Information Package

Sessions

At Breakout Boot Camp we will help you unlock the potential you have inside of you. Nearly every exercise has different challenge levels, so you will have opportunity to safely challenge yourself no matter what your fitness level. Your progress will only be measured against yourself, not other participants.

Benefits

You can expect to see increased energy, stamina, anaerobic endurance, flexibility, core strength, muscle tone, coordination, mental clarity and focus, immunity to sickness, confidence and peace of mind. Decreased body fat, cholesterol, resting heart rate, blood pressure, weight, stress and anxiety.

Precamp Evaluation

This will take place before the first day of your camp session and will consist of:

1. An introduction to Boot Camp and opportunity to answer any questions you may have.
2. Review your medical history and complete ParQ form.
3. A few simple measurements to see where you are prior to beginning camp. This will be used for a post-camp comparison. The numbers and all other information will be held in the strictest confidence.
4. You will receive directions to Boot camp locations.

Sessions

A boot camp session consists of 3 – 1 hour sessions for 4 consecutive weeks. It is preferred that if you sign up for a particular time spot, those are the sessions you attend. However, if you need to change them up that is possible, please advise your instructor.

Clothing & Equipment

You will need to wear comfortable workout clothes, including a jacket for outdoor workouts, and non-scuff running shoes. Please bring to camp:

- set of **5 lb** weights for women, **8 lb.** for men
- yoga mat
- water bottle
- towel to dry off - optional

Workout

As there is no such thing as a 'typical' day at boot camp, that is to help alleviate boredom, as well as give you a well rounded boot camp experience. You can expect some running, weight training, obstacle courses, core training, jumping rope and exercise games. You will learn about proper form and core stability. Most people will feel some soreness for the next day or two after your workout. This is normal.

Results

Performance improvement can take place in as little as three days. Visual improvements can take from two to four weeks, depending on your effort level. It is common to see clothing sizes drop within one boot camp period.

Refund policy

If you are unable to attend camp, we will offer you a refund if you notify us prior to your session start date. If we are notified after your session begins, we will give you a credit toward any of the services that Best Foot Forward and Breakout Boot Camp offer. There is NO cash refund.

Returning Enlistment

When you sign up for your next boot camp you will receive 10% off the enlistment price. You will also receive \$5 off your next session for each new boot camper that you bring that signs up.

BreakOut Bootcamp

Carol: 604-807-4478

Break Out, Get Fit, & Enjoy Life!