



Peninsula Boot Camp Frequently Asked Questions

Q: What are my payment options?

- We accept cash, direct deposit payments and cheque.
- If you wish to pay by direct deposit you must attach your payment receipt to your enlistment.
- D/Deposit details will be emailed to you on request.

Q: I'm really nervous because I haven't done a Bootcamp before and heard it's really tough. Should I be nervous?

- Many of our recruits feel nervous. This is normal! Some people want you to believe boot camp is a place where a "Commando" yells and screams instructions. We can't think of anything less motivating or demoralizing than someone in your ear barking orders, punishing you or making you feel crap about yourself!
- **Our core values are our word and promise.** These values include, but are not limited to providing: **professional programs, integrity, honesty, mutual respect, support and commitment.** These values must be accepted and supported throughout boot camp including participants and instructors. If these values aren't agreed, then you may need to consider an alternative program.
- Tough? Yes we are, but we don't apologise for that. As long as you give 100% of yourself that is all we will ever ask. That is also why we have a post fitness test at the end of the boot camp to show **YOU** how far **YOU** have come!

Q: What happens on the day of my first session?

- If you come to the fitness assessment prior to boot camp starting, you will be given all the info you need to know.
- Please come to your session 10-15 minutes early. A good warm up significantly reduces your risk of injury. It is your responsibility to come early so we can start on time.

Q: What do I wear to each session?

- Before the beginning of your first boot camp session you will be provided with a Recruit T-shirt to wear during each session.
- Bring a water bottle
- Asthma pump if you use one
- You must complete 5 boot camps in a row to advance to the next level etc

Q: Booking ahead?

- The only way we can reserve your spot is by either full payment or a \$50 non refundable cash deposit with your registration form.
- Registrations alone or emails cannot guarantee your spot.
- Final payments are due no later than 5pm on the Friday before boot camp. This includes D/D funds appearing prior to this time. Please note that our accounts function is outsourced and books close 5pm Friday.
- Payments made after this time will incur a \$20 admin fee.

Q: Is there a weather plan?

- We run our session's rain, hail or shine. However should a location be deemed unsafe, the location will be changed. You must ensure you are at the session 10 minutes earlier.

Q: How many Instructors per class?

- Two Instructors per class

Q: Training outside of Bootcamp:

- Prior to starting the boot camp program, please let us know if you are involved in other training outside of boot camp . We can assist you to ensure you get the best out of your body and your training.
- If you have specific goals you want to reach or would like to do additional exercise outside of boot camp a please speak to us to ensure you receive qualified advice specific to your goals.

Q: What happens if I pull up sore or am injured?

- It is important to report all injuries, no matter how small, yep that includes blisters!
- If you pull up sore after a session, and come and tell us on the morning of the next session, it is usually very hard to do something for you. We can always work around soreness if you notify us in advance.

Q: Nutrition during boot camp:

- It is important to eat good nutritious healthy food during Bootcamp. It provides you with more energy to get through each session.
- Those looking for dietary advice can choose to have a one on one consultation with our Weightloss Consultant, or we can provide you with the fundamentals that will unlock the secrets to weight loss success. This also applies to muscle building.

Q: Where can I find out more information?

- Our website is www.peninsulabootcamp.com.au
- Or are you on Facebook? You can become our friend online under **Peninsula Boot Camp.**
- You are also welcome to call us on 59752435 during office hours 8.30am-5.30pm.
- Or, email at info@peninsulabootcamp.com.au