

# CROSSFIT



# BOOTCAMP FAQ

**Q. How do I sign up for Bootcamp?**

*A. Go to the registration link on our website at [www.crossfitdurham.com/boot-camps](http://www.crossfitdurham.com/boot-camps). You may also contact us by phone at 571-224-3706 or email at [info@crossfitdurham.com](mailto:info@crossfitdurham.com).*

**Q. Can I participate in Bootcamp if I haven't worked out recently or I'm in bad shape?**

*A. Absolutely! Our Bootcamps are designed for athletes of all fitness levels. Our Coaches will match the exercises to your current ability level and fitness capacity.*

**Q. Will the classes fill up?**

*A. Yes, all sessions generally fill up. Register early so you don't get closed out.*

**Q. Once I register, do I always have to come to the same session time, or may I switch from time to time if my schedule changes on a particular day?**

*A. You may come to any Bootcamp session time you wish. When you enroll we will ask you to choose a "home" session, but you can go to any of them after starting.*

**Q. Can I go to more than one Bootcamp session in a day?**

*A. Yes. Although we don't generally recommend this. Each 45 minute session will surely give you the workout you'll need for the day.*

**Q. Can I get a refund for any unused sessions?**

*A. No. With a valid medical reason for being unable to exercise at all for the duration of the session, we will credit you for a future Bootcamp session.*

**Q. How old do you have to be to participate in Bootcamp?**

*A. The minimum age for participants is 15 years old. All participants under 18 must have approval of a parent or guardian.*

**Q. Are sessions still held outside if it rains?**

*A. Workouts are held rain or shine. We have indoor space available when the weather doesn't cooperate. Participants can decide whether or not to take part in a workout due to bad weather. There are no makeup workouts scheduled.*

**Q. Can I still participate if I have injuries that may slow me down?**

*A. Absolutely! Every exercise and movement we use in our workouts can be substituted with another or modified so that you can still participate and achieve maximum results.*

**Q. What should I wear for the workouts?**

*A. Wear whatever you would normally wear to workout in. Keep in mind that you will be training primarily outdoors.*

**Q. What should I bring to my workout?**

*A. Bring lots of water and a positive attitude! You do not have to bring any equipment.*

**Q. If I miss a workout or two during the week will I fall behind?**

*A. No. Although we encourage you to make every session (there are only three a week) just pick right back up with the next class and you'll be fine.*

**Q. What if I can't keep up during a workout or I need to take a break?**

*A. Always listen to your body. If you feel you need to slow down, slow down. If you need to take a break during class, simply step to the side until you are ready to get back to work. The Coaches are there to help you!*

**Q. Will my Coach be yelling at me like a drill sergeant during the workouts?**

*A. Absolutely not. Our Coaches are there to motivate and encourage you to give your full effort during every workout throughout the entire 8-week session. They will be energetic, enthusiastic, and encouraging.*

**Q. Can I ever bring a friend with me to my Bootcamp workout?**

*A. Yes. During each session's "Bring A Friend Week" you may bring a friend to your Bootcamp workout for the entire week.*

**If you have any questions please visit our website at [www.crossfitdurham.com/boot-camps](http://www.crossfitdurham.com/boot-camps) or call Dave Rubin at 571-224-3706 or email at [info@crossfitdurham.com](mailto:info@crossfitdurham.com)**