



BOOTCAMP FAQ

Q. How do I register?

A. Visit the Bootcamp page on our website at www.crossfitdurham.com/crossfit-boot-camp and choose the membership option that works best for you. Then just click the "Bootcamp Registration" button to get started.

Q. Can I participate in Bootcamp if I haven't worked out recently or I'm in less than top 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. Each Bootcamp Class is limited to no more than 20 athletes. Most classes fill up each day. Athletes can reserve their spot up to 60 days in advance by registering on the schedule page or in our smart phone app, Mind Body Connect.

Q. Once I'm a member can I register for any session day or time?

A. Yes, you may come to any Bootcamp session time you wish, provided you reserve your place in class. Reservations can be made for classes by clicking "Reserve Spot" on the schedule or in our smart phone app, Mind Body Connect. You can register for classes up to 60 days in advance.

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

A. We don't generally recommend or encourage two a days, but that is up to you. 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. If you happen to miss a session or two in a given week, you can make those sessions up during another week during the month. Unused sessions do not rollover to the following month.

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, but we try to stay outdoors as much as possible.

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. 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 you can each week as part of your membership.

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 each class. They will be energetic, enthusiastic, and encouraging.

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

A. Yes. Be on the lookout for our "Bring a Friend" workouts and your friends and family will be welcome.

**Please visit our website at www.crossfitdurham.com/crossfit-boot-camp
Got questions? Call us at 919-907-1233 or email at info@crossfitdurham.com**