



Welcome to GetFitCamp!

You are now on your way to a happier, healthier and more productive lifestyle. We hope that you take full advantage of this life changing moment and reap the full reward that it will create.

Here are a few points to remember:

- Classes begin on time, and you will need to be ready to work the minute the class begins.
- Do not show up for a session on an empty stomach. It is important for your body to have fuel to burn during your workout. We recommend eating a small meal or snack approximately an hour and a half prior to class time. Eating immediately prior to working out can cause cramping.
- Please bring a towel and a water bottle with you.
- If you are unable to make it to your scheduled class, we will try to fit you in to one of our other GetFitCamp classes or you may attend our Saturday morning class. If you are unable to reschedule within the week of the missed class, you will lose out on your session. Extended leaves due to vacation or illness will be evaluated on an individual basis.
- Saturdays will be a make-up/extra day and will be held at a local park. All are encouraged to take advantage of these days whether it is due to a make-up or just as an additional day. Please call **702.873.1501** by Friday evening if you plan on attending.
- Additional classes, if space is available, you may attend one of the other GetFitCamp classes above and beyond the three per week as long as two do not occur on the same day. The additional class will count towards your 15 sessions purchased.
- Remember that this is a group training program, and individual abilities will vary. We want you to push yourself without straining beyond your physical limitations.
- Please remember that our trainers are independent, and are not employees of Get Fit...Do It Right/ GetFitCamp. If you have any questions or concerns about scheduling or any of our other policies please contact Dwayne or Peggy at 873-1501.