

## Frequently Asked Questions



### What is All About You! Wellness BootCamp?

All About You! Wellness BootCamp is a holistic, fun, results-oriented fitness & nutrition program. We are **NOT** a military-style boot camp with drill sergeants who yell at you and push you beyond your physical limits. Rather, as a **Wellness BootCamp**, we nurture all aspects of your well-being: body, mind and spirit. Our holistic program will challenge you at your current fitness level so that you can make steady, sustainable progress toward ever greater fitness goals.

### Why is All About You! Wellness BootCamp (AAY!) better than a gym?

At AAY! you won't waste time wandering around, waiting for a treadmill or deciding which muscles to work. You just show up and we take care of the rest. We make certain that you are making progress toward your fitness goals throughout each session. Each week, you will get all the cardio, strength training, core work, flexibility training and nutritional guidance you need to attain the results you're looking for.

Our fitness programs rotate to ensure progress and to avoid boredom. Expert trainers give personal attention to each member, assuring proper form and alignment. We also check attendance daily and contact anyone who misses class to make sure they stay on track.

### Why is this better than a personal trainer?

Most people hire a trainer 1-3 days a week. The rest of the time they are on their own with no support. At AAY! you can attend five days a week for personal attention, consistency and maximum results!

Research also indicates that individuals exercising as part of a group are more motivated, promoting long-term success. Our leaders foster a sense of community spirit and camaraderie within the group, creating an environment of support and encouragement.

## What makes AAY! different from other boot camp programs?

Our name says it all: **ALL ABOUT YOU!** Everything is geared toward **YOU** as an individual. We accommodate members of all fitness levels, because we always give modifications for beginners as well as for advanced members. We also give options for high-impact as well as low-impact exercises. We know who you are personally, what your goals are and how to get you there.

Our BootCamp program is also unique because we are focused on more than just the physical aspect of fitness. We understand that to achieve your goals, especially if they involve weight loss, we must address your mind and spirit as well as your body. Therefore, we incorporate mind-body disciplines such as yoga & Pilates into our programs.

## Is there a “diet” with this program?

Diets don't work, but healthy eating habits do! Our nutrition program is supervised by co-owner & nutritionist Narina Minassian. We provide you with the “AAY! Nutrition Plan” to help you develop healthy eating habits. We also provide weekly nutrition tips & recipes. In addition, you'll receive a complimentary one-week membership to AAY! Online Nutrition.

For an additional fee, we offer: nutrition seminars, grocery store tours, one-on-one nutrition consultations, ongoing access to AAY! Online Nutrition, and a special 12-week **Nutrition for Weight Loss** program.

## How quickly will I see results?

Performance improvement can take place in as little as three days. Within a week of attending All About You! Wellness BootCamp, you will feel healthier, more energetic and more confident. Most of our members lose weight, inches and body fat percentage within the first six weeks. But remember, everyone is different. Your results will depend on your starting point, your goals, and your commitment to both the exercise and nutrition portions of the program.

### **If I haven't exercised recently, should I get in shape before I join?**

No. AAY! will help you get in shape with quicker and better results than doing it on your own. There is no need to be intimidated since our trainers will watch you carefully to make sure you are working at your own level.

### **What kinds of people go to AAY!?**

AAY! is for everyone. We have members of all ages and fitness levels. We have teenagers who are getting in shape for team sports, college students trying to stay in shape after high school, athletes trying to improve their performance for a competition, members in their 40s who need a little push with their fitness and wellness, and those in their 60s & beyond who want to live a long and healthy life.

### **Can I join anytime?**

Yes. AAY! is an ongoing program, so you don't need to wait for a specific start date.

### **What do I need to bring to class?**

Bring a water bottle and an exercise mat everyday. On some strength training days, you will also need dumbbells. Your BootCamp leaders & our weekly e-newsletter will let you know when you need them and what size dumbbells you will need.

### **What if I miss class?**

If you purchase our monthly package, your membership is based *per month* not *per session*, so you are encouraged to attend as often as possible. However, even if you miss a few classes, your rate per class with an unlimited monthly membership will still be better than the rate for single sessions.

If you have purchase a package of 10 or more sessions, then you may use these sessions based on your schedule. However, the more frequently you attend class, the better results you'll get.

### **Is there an age limit to join?**

You must be at least 13 years old to join. There is no upper age limit; however, we may need a physician's clearance if you have certain medical conditions.

### **When I sign up, am I restricted to certain days and times?**

No. You may attend any class Monday - Friday. You can mix & match the class times to fit your schedule, but be sure to reserve your space online.

### **How do I sign up?**

You can get started with just three easy steps. From our website, click "Get Started" and then:

- 1: Choose a package from the price list
- 2: Create a user name and password to purchase your package
- 3: If you're not ready to commit, click "Guest Pass" and then come check us out with no obligation!

### **What methods of payment are accepted?**

We accept cash, check, Visa, MasterCard & Discover.