



We would like to welcome you to Sierra Fitness' Bootcamp, the most successful program of its kind in the San Gabriel Valley. We look forward to expanding our program in the coming months to include additional venues and days. In keeping with our commitment to a higher quality of service, we are presenting this letter detailing our policies in regards to the Bootcamp Program.

Pricing and Refund Policy:

8 week course

2 Days per week - \$240 (\$15 per class)

3 Days per week - \$288 (\$12 per class)

4 Days per week - \$320 (\$10 per class)

Walk in fee - \$20

The above fees are nonrefundable and any balance is not transferable to future courses or other Sierra Fitness services. The only exception to this rule is if an injury is sustained during Bootcamp. To hold the balance of your classes for a future date, you must notify Sierra Fitness of your injury in writing immediately.

Rain Cancellation Policy:

Rain - To avoid training in an unsafe environment, all classes will be cancelled if it rains after 3pm. When in doubt call the gym after 3pm at 626.836.1236 to confirm the cancellation. Additional training days will be added at the end of the Bootcamp session to make up for any days missed due to rain.

Bootcamp Guidelines:

1. Always bring a towel and a bottle of water.
2. Don't forget your willingness to be challenged and a great attitude.
3. Wear athletic clothing that you don't mind getting soiled.
4. Wear appropriate and supportive running or cross-training shoes.

Precautions:

1. Stay Hydrated.
2. Eat a healthy meal at least 2 hours before and 1 hour after your workout (you'll need the energy!!).
3. If you experience any nausea, dizziness or feel faint, stop exercising and inform your instructors.
4. Unless you are doing 3 to 4 days per week, don't let this be your only form of exercise for the week. Do at least two more days of cardio in addition to Bootcamp.
5. Please arrive early to each class.

I have read, fully understand and agree with the refund policy, rules and regulations stated above.

Printed Name: _____

Signature: _____ **Date:** _____