

Boot Camp Information

About the program

South Pointe Fitness Club boot camp is designed unlike most other boot camps around. We created a program to meet all different fitness levels and to challenge everyone at the same time. The class is not like other classes you have taken before. It challenges you to **your** highest fitness level possible. The class will primarily focus on interval training. There is not a lot of attention given to running or learning how to run. You may, as a result of boot camp become a better runner but that is not our goal. Our goal is to make every class different and challenging so that you will never know what to expect. You will do things such as power walking/running, leg work, upper body work, pushups, sit ups, partner work, and so on. You will work as a group at times and “on your own” at others. You will be dedicated to the program because you will not only have a great time taking the class but you will see results. Much success has come from our past boot camp classes and we are happy you have decided to participate to have your own success.

About the instructors

All South Pointe Fitness Club “boot camp” instructors are certified instructors with years of experience teaching classes at every level of fitness from children up to seniors. The instructors are not real drill sergeants but we will try our best to act like one! We understand everyone has different goals and different levels of fitness coming in to the program. Although at times we may not appear to be sensitive, we do have some degree of understanding of these differences. We make the workout fun and challenging so you will want to return time after time.

Requirements

Our requirements are simple.....show up, work hard and have fun!! We do want to remind you that if you want the best results possible you must attend classes. Hard work and dedication is required to make changes in your fitness level, strength, weight or whatever your goal may be. We ask that you have a positive attitude and work together with everyone in the class. When you are not in class your decisions will make the difference as to how your boot camp experience ends up. Eating healthy, getting enough sleep and staying away from smoking and drinking are all factors that will help you have a positive outcome.

Boot camp Q & A

How long are the classes?

All classes are anywhere from 45 minutes to one hour.

Where are the classes held?

All weekday classes are held at South Pointe Fitness Club. Weekend classes by be held at an alternate location announced by the instructor prior to the class. All classes are held outside unless weather is dangerous. In that case, the class will meet inside South Pointe Fitness Club.

What if I can't make it to all the classes?

You are expected to attend all classes. If something prevents you from attending, notify your instructor in advance. We do require regular attendance so if there is a valid reason for an absence we will excuse that absence. There is no refund for missed classes and there is no price adjustment for being unable to attend classes during the session.

Can anyone do it?

Yes, everyone is welcome to attend. If for some reason your doctor says not to participate in rigorous activity then you would be advised not to register. We design our boot camp class for every level so that it is effective for everyone. Beginners, intermediate and advanced exercisers are all encourages to attend. Everyone works hard and everyone works at his or her own level.

Do I have to be a member?

NO! We would love you to be a member but it is not a requirement. There are prices available for members and non-members.

Do I have to be in shape to take the class?

Absolutely not! You are going to be in the best shape of your life when you attend boot camp. There is no fitness level that is necessary in order to attend the boot camp.

What do I wear?

You should wear something comfortable. It is best to dress in layers since you may be colder when you begin than when you end. We recommend wearing a good fitness shoe with support for walking or running.

What do I bring?

You need a positive attitude, a sense of humor and water. Some participants bring a towel but it is not a requirement.

How do I schedule my fitness assessment?

Once you have registered and paid for boot camp you may make an appointment with one of our trainers. Check with the front desk for availability. Be sure to let them know it is for a fitness assessment.

How long will it take for me to see results from the class?

Results vary from person to person. If you are dedicated to working toward your goal and are doing what is necessary to achieve that goal, you will see results as early as a few weeks. Changes do not happen overnight so do not become frustrated if you are not seeing results right away. Along with boot camp classes it is important to maintain a healthy lifestyle outside of class. Talk to us about your individual goals and we will help you achieve them!