

Fit Body Boot Camp FAQ's

Q: Does the 14-Day Fat Furnace consists of 14 consecutive days or 14 days of your choosing?

The '14 Day Fat Furnace' is a 14-day program in which you can attend boot camp as many times a day and as many times a week as you would like within those 14 days.

Q: What is the 14 Day Fat Furnace?

The 14-Day Fat Furnace is a 14-day program that helps give people the quick jump start they need to shed those last few pounds or burn off the first few pounds.

Q: What is the difference between the 14 day "fat furnace" and the 6 Week Boot Camp?"

Both are designed to do burn fat. We offered two programs because we know that some people need a quick 14-day jump-start and others may prefer 6 weeks. They both will provide you with a nutritional plan to maximize calorie burning and to show results.

Q: Are the session's groups or individual?

The boot camp programs are in groups.

Q: Would you say this is a modifiable routine for someone with arthritis?

The workouts are modified for everyone's fitness level and would definitely work for someone with arthritis.

Q: Can you give me a basic idea of what the workouts consist of and how long they take?

Boot camp focuses on burning the maximum amount of fat and calories through resistance training and high intensity cardio. Through this type of training, the body is put into an after burn, which means your body continues to burn fat throughout the day. Workouts last either 30 minutes or 60 minutes long for each session.

Q: If I start my 6-Week Boot Camp program tomorrow, for example, then I have 6-weeks from that date to finish it, right?

Yes, you are correct. Your 6-weeks start from your first session.

Q: What if you have never done a boot camp before or have not exercised in a long time. Do they allow people to go at their own pace?

Our boot camps are tailored to everyone no matter the fitness level. Exercises and weights can be intensified and increased for the more advanced members or ones that want to be challenged; whereas the same exercises and weights can be decreased depending on the fitness level of the individual.

Q: Can you go to more than one location?

Unfortunately, you cannot attend more than one location, as each location is independently owned and operated.

Q: What happens at Fit Body Boot Camp when an instructor does not show?

If the circumstance were to arise where the Fit Body Boot Camp trainer could not show, they always find a replacement.

Q: Is this a male and female training class or female only?

It is both, male and female.

Q: Do you accommodate people with health issues (i.e., back --pinched nerve in leg)?

Exercises and weights can be intensified and increased for the more advanced members or ones that want to be challenged. Where as the same exercises and weights can be decreased depending on the fitness level of the individual.

Q: I would like to buy one for my son/daughter under 18, is there an age limit?

There is no age limit, however it is up to the owner's discretion as to how young each boot camper can be.

Q: If classes are limited to a certain amount of people, are we really going to be able to get the promised unlimited use of the pass, or will we often be turned away due to crowding?

The owner has worked out schedules to accommodate current and new clients. After purchasing your Wellness Week promotional deal, you will receive instructions on how to book your first boot camp session. The scheduling system is in order to avoid being turned away or having a cramped workout.

Q: Can I purchase the 14-day to jump-start my work out and a 6-week boot camp program to continue?

You can buy more than one and give them as gifts. However, you can only redeem one program per person.