



## F.A.Q.S

### Q. Do I need to be fit to join your Bootcamp?

A. No, that's why you're coming to see us. There are all different ranges of fitness levels, at the end of the day you're competing against yourself. It's good to have a mixture of people & fitness levels, so you can aspire to the next level and push yourself that little bit harder.

We have a basic fitness test at the beginning of the 6 week program so you a baseline to improve on, SO DAY 1 of each course is the most important. Its not a race or competition its you challenging yourself.

### Q. How long does the Boot Camp course & sessions run for?

A. Boot Camp runs for 2 x 1 hour sessions a week for 6 weeks, (45 mins at Lunch time), all bootcamp courses start & finish on the same week, regardless of Public Holidays.

Late starter are always welcome, you simply pro rata the remainder of the course @ \$20 per session, if you start a course a week late, you still pay \$200 but can make up the 2 sessions missed WITHIN the 6 week block. See full timetable here <http://www.sydneycityfitness.com.au/timetable.html>

If a holiday falls within course it is YOUR job to MAKE up a session at ANY of our 6 week programs WITHIN the 6 week block.

Try to be 5 mins early to squads as we start bootcamp on time every time, if you are late you will be left behind, If you need to leave early, make sure you stretch yourself.

### Q. What results can I expect to see?

A. You can expect to see: Significant improvements in your cardiovascular fitness /your energy/endurance levels will increase /you will tone up and get stronger / you will trim down and lose weight meet new fitness friends and have a great fun time

Trainers will do everything to help you achieve results; we can guarantee you a new energy in your day, life & family.

### Q. What do the Bootcamp sessions consist of?

An ever changing variety of exercises that are based around functional movements which will make everyday activities a whole lot easier; you will look & feel fantastic

Walk Jog, Sprint activities / improved cardio training /Body Weight exercises /Resistance bands & some weights /Team Building drills & skills /Boxing technique & cardio boxing /Core Strength / Abs, Butts & Thighs /Muscular Endurance & toning /FUN, FUN, FUN

We will also introduce new equipment that will be totally new to you to keep the workouts challenging and fresh.

Q. What other services does Harbourside Fitness offer

A. We have a fully equipped studio at the foot of Neutral Bay & North Sydney, (2/66 Clark rd , opp Anderson Park. We offer a range of mixed fitness classes offering "Fitness for the Whole Family", so don't forget to consider our "unlimited classes option"

Q. What if I miss a class?

A. The bootcamp is a 6 week package, there are no refund policies for missed classes- if you wish to make up a class, you are welcome to any other Harbourside class WITHIN the 6week term.

Q. What do you do if it rains?

A. Each Bootcamp course has a rain option; please check with your trainer for that option- sessions held rain hail shine,

Q. What do you I need to bring each session?

A. Bring a towel, water, sun screen & a smile, if you bring a friend Ill do you a deal on our studio classes.

Q. Can I bring a friend?

A. We always offer a FREE TRIAL session, to all NEW clients, we are not sales people we are Fitness Trainers, our sales pitch is THE EXPERIENCE of a session and our culture, we know you will love it, if bootcamp is too much then we have Total Fit & studio classes, of less intensity more suited to beginner clients.

Q. How do I enlist, pay, etc?

A. with this email, you have received a HHF BOOTCAMP ENLISTMENT FORM, please fill in and send back to [bootcamp@harboursidefitness.com.au](mailto:bootcamp@harboursidefitness.com.au) as a PDF of scan,

Payment of \$200 is due the FRIDAY before Bootcamp weeks, unless paying CASH to trainer on 1st session  
If you starting mid way through a course please add up number of remaining sessions and multiply x \$20,  
and following method below.

Please use YOUR NAME & THE LOCATION as the payment reference

EG: (CLAIRE-THE DOMAIN, PETE- BRADFIELD PK, JOHN - ANDERSON PK)

**BANK DETAILS – NAB Cheque Account**

**Harbourside Group Pty LTD**

**BSB 082 302**

**Acc 799800067**

Q. Where does each Bootcamp meet and who are the trainers?

*Once you have started a course, please make all questions and communication direct to your trainer*

- 1. ANDERSON PARK 6AM BOOTCAMP-** meets Tues & Thurs 6am at the Harbourside Studio 5 mins prior to start time **Josh** is the trainer, **mobile** 0412 82 99 55 **email** [josh@harboursidefitness.com.au](mailto:josh@harboursidefitness.com.au)
- 2. BRADFIELD PARK BOOTCAMP** meets Mon & Wed 6am - North Sydney pool side of Bradfield Park, 5 mins prior to start time, Assemble 30 down from kids play ground on Alfred St there is a park bench on road side.  
**Matt** is the trainer, **mobile** 0410 622 207 **email** [matt@harboursidefitness.com.au](mailto:matt@harboursidefitness.com.au)
- 3. ANDERSON PARK 6.30PM NIGHTS- BOOTCAMP-** meets Tues Thurs nights 6.30pm - at the Harbourside Studio 5 mins prior to start time  
**Matt** is the trainer, **mobile** 0410 622 207 **email** [matt@harboursidefitness.com.au](mailto:matt@harboursidefitness.com.au)
- 4. DUSK SQUAD 6PM -THE DOMAIN SYDNEY** – meets at top of Woolloomooloo stairs opp The Art Gallery, 5 mins prior to class,  
**Jess** is the trainer, **mobile** 0404 742 147, **email** [jess@harboursidefitness.com.au](mailto:jess@harboursidefitness.com.au)
- 5. VICTORIA PARK GLEBE 6AM BOOTCAMP** – Meets Tues & Thurs in pool car park, off City Road, 5 mins prior to class  
**Jess** is the trainer, **mobile** 0404 742 147, **email** [jess@harboursidefitness.com.au](mailto:jess@harboursidefitness.com.au)
- 6. LUNCH CAMP 12PM THE DOMAIN** – Meets Tues & Thurs 12pm South side of Art Gallery, near Police memorial and flag poles,  
**Josh** is the trainer, **mobile** 0412 82 99 55 **email** [josh@harboursidefitness.com.au](mailto:josh@harboursidefitness.com.au)