

BetterBodies Boot Camp Policies

If you have any questions or concerns regarding the policies of BetterBodies Boot Camp, please contact us at info@afsbootcamps.com.



Registration & Participation

- In order to participate, you must register for a minimum of 4 boot camp sessions. If you have not registered or notified us of your situation you will not be allowed to participate. You can register at <http://afsbootcamps.com/register-for-a-camp/>

Fees/Payments

- **Payments are due in full on or before the first day of camp.** Payment options can be found at <http://afsbootcamps.com/payment-options.html>.
- Pay-As-You-Go Sessions: Pay-as-you-go sessions are available only after the 4-session minimum has been met. Pay-as-you-go session rates are as follows (Winchester only - other locations please inquire at info@afitsolutions.com):
 - WCC-Members: \$15.00 per session
 - Non-Members: \$18.00 per session
- Pay-as-you-go sessions **must be paid in full the day the individual session is attended.** Payments can be made by cash or check.

Refunds/Missed Sessions

- No refunds are given for missed boot camps. However, a missed session may be made up by sitting in on another boot camp during the same 4-week camp session.
- If you are unable to make up a session during the same 4-week camp, the following policies are applied to your missed session(s):

- I. Unrestricted Camp (ie. # participants not limited): If you are in an unrestricted camp, a maximum of two (2) missed sessions may be credited forward to the next 4-week boot camp session. However, registration for 4 boot camp sessions (not including credited sessions) in the next boot camp is still required. Any missed sessions beyond this two (2) session maximum will be forfeited.
- II. Restricted Camp (ie. # participants limited): If you are in a restricted camp, a maximum of one (1) missed session may be credited forward to the next 4-week boot camp session. However, registration for 4 boot camp sessions (not including credited sessions) in the next boot camp is still required. Any missed sessions beyond this one (1) session maximum will be forfeited.
- III. Credited boot camp sessions may not be forwarded to any other boot camp session beyond the next boot camp session offered. If you are inactive for the next scheduled boot camp, all unused credits will be forfeited.
- IV. Free boot camp sessions will not be credited forward under any circumstance.
- V. Any boot camp session canceled due to weather or instructor absence will be credited forward or a make-up date will be scheduled. Free sessions will not be credited forward.

Referrals

- To show our appreciation for bringing others to our camps, BetterBodies Boot Camp offers the following referral program:
 - If you refer one (1) person to BetterBodies Boot Camp, you will receive 50% off your boot camp fees. (Applied at start of next available boot camp)
 - If you refer two (2) people to BetterBodies Boot Camp, your boot camp fees will be waived. (Applied at start of next available boot camp)
- You must have been active in at least one (1) full 4-week boot camp session in order to be eligible for the referral program.
- Referrals are not cumulative. Each referral is applied on a month-to-month basis (each 4-week session).
- Referral benefits may not be transferred between participants.

- If two (2) or more people refer the same individual, only one (1) person is credited for the referral of that individual.
- Referral benefits may not be forwarded to any future boot camp beyond the start of the next available boot camp.
- Referred individual must not have participated in a BetterBodies Boot Camp at any previous time.
- Referred individual must list your name on the registration form when signing up to participate.

BetterBodies Challenge

- The BetterBodies Challenge is a competition between boot camp participants for a free month of boot camp services. The winner is selected by a points system based on the following criteria:

- *Attendance*

- (1) 5 points (must attend 6 or more boot camp sessions)

- *Exercise Tests*

- (1) 10 points per exercise test for best performance
- (2) 10 points per exercise test for most improved performance
- (3) 5 points per exercise test (2nd place most improved)
- (4) 2 points per exercise test (3rd place most improved)

- *% Weight Loss (Individual)*

- (1) 15 points for highest % weight loss
- (2) 10 points for second highest % weight loss
- (3) 5 points for third highest % weight loss

- *Diet Log*

- (1) 5 points for keeping daily diet log (minimum of 14 entries - weekly check ins)

- *My-Calorie-Counter* (www.my-calorie-counter.com)
 - (1) 3 points for tracking diet at www.my-calorie-counter.com
(minimum of 14 entries - weekly check ins)
- *300's (100 reps each of Jumping Jacks, Sit-ups, Mountain Climbers - performed on Tuesday & Thursdays)*
 - (1) 1 point for each day completed
- *Platoon Weight Loss*
 - (1) 5 points for each member of the Platoon with the highest % weight loss
- The winner is selected from all boot camp participants at a given location.
- Only one (1) winner is selected per 4-week camp session.
- In case of a points tie, the following criteria are used to determine the winner:
 - (1) Attendance: Total number of sessions attended during the 4-week camp session.
 - (2) Seniority: The person who has attended the boot camp for the longest duration without any breaks in participation.
- Free boot camps will be applied to the next boot camp and may not be forwarded to future boot camps. Free boot camps not applied to the next 4-week boot camp session will be forfeited.
- Missed sessions from free boot camps may not be credited forward to a future boot camp.