

## **Welcome to Body Beautiful Boot Camp!**

**Camp Start Date: May 11<sup>th</sup>, 2009**

**Orientation Session**

**Saturday, May 9<sup>th</sup> 2009**

Franklin Athletic Club  
29350 Northwestern Hwy  
Southfield, MI 48034  
2 – 4 pm

**Add Ins call Jenn for measure  
Appointment at 248.761.2321**



**Camp Start Date: June 22nd, 2009**

**Orientation Session**

**Saturday, June 20th**

Franklin Athletic Club  
29350 Northwestern Hwy  
Southfield, MI 48034  
2 – 4 pm

### **Buckle Down**

**Camp Start Date: August 3rd, 2009**

**Orientation Session**

**Saturday, August 1st, 2009**

Franklin Athletic Club  
29350 Northwestern Hwy  
Southfield, MI 48034  
2 – 4 pm

We are just as excited to work with you, as you are to join us! During orientation, measurements, weight, and percentage of body fat, are recorded. To obtain accurate measurements, it is necessary to wear your workout clothes. As you become acquainted with your trainer, you will receive a full overview of what to expect during the boot camp session. At this time, you'll also have your "before" photo taken—at the end of camp, you will have an "after" photo taken so you can really see your results.

My trainers pride themselves in caring about you as an individual, keeping you motivated in class and out, and supporting you as you become familiar and secure with the program. Your menu plans will also be distributed; you'll enjoy numerous nutritious choices that you can mix and match to customize your plan, and our grocery lists will help you shop strategically.

### **Orientation Information**

Please wear your workout clothes as we will be taking your official "before" photos and taking your measurements. We strongly encourage you to join us for orientation to learn more about the program. However, if you simply cannot attend, please arrive 30 minutes early prior to one of your first two classes to have your measurements recorded by your trainer. You must notify us by email what day you plan on attending early so we may properly plan for the number of people being measured. Only people attending orientation will be eligible for their official "before" photo. Please bring your completed copy of the "General Info" forms to orientation or your first day of class if you are unable to attend orientation. Copies of the forms have been emailed to you in your welcome/confirmation email or you may download these forms from the "Members Only" Forms and Documents section.

### **Recommended Equipment**

Don't forget your water bottle! Along with Pilates, circuit training, low impact aerobics, yoga, and weight training, kickboxing is incorporated weekly. We highly recommend purchasing 12 oz boxing gloves. You will use them frequently throughout your Boot Camp sessions. They are available at Dunham's, Target, or Meijer for around \$30. You can also find them on-line at [www.everlast.com](http://www.everlast.com). The direct link is <http://store.everlastboxing.com/hp-traininggloves-pink.html>. They are currently on sale for \$29.99. Another thing to consider purchasing is a heart rate monitor. It is important to track your heart rate and know your baseline. This will help you monitor your progress and know when you're in the most beneficial cardio zone, even when you're working out on your own. To find them online, check out [www.polarusa.com](http://www.polarusa.com). Remember, everything we do will be customized to your fitness level to help you achieve maximum results. You'll be doing all activities at your own ability level, and will not be doing anything that will harm you.

### **Recommended Whole Food Based Nutrition (Juice Plus+)**

We strongly recommend ordering before the start of a new camp. Please visit our website at [www.bodybyjenn.com](http://www.bodybyjenn.com), or contact Jennifer Gray (248)761-2321, for additional ordering information. We recommend the Orchard Blend, Garden Blend, and Juice Plus Shakes. Shakes come in Chocolate Complete and Vanilla Complete. You will receive a call with instructions from Jenn or your trainer.

### **Email Updates**

It is important that you check your email for updates. Our class emails will be coming from the address [jenn@bodybyjenn.com](mailto:jenn@bodybyjenn.com) or [jennifer.gray3@comcast.net](mailto:jennifer.gray3@comcast.net), so please be sure to add this to your "safe list" if you have spam protection activated for your email account.

### **Members Only Website Access**

Now, that you are a member, you'll need the username and password to the "Members Only" section on our website: [www.bodybyjenn.com](http://www.bodybyjenn.com)

**Username: bootcampers Password: kickoff**

Please bring a completed copy of your Health History & General Information forms to orientation. You may download this information from the "Members Only" Forms and Documents section.

### **Making Up Missed Classes**

During the first week, please bring a list of all dates that you know you will not be able to attend class. The trainer will record this in our attendance log so you do not receive a demerit for those missed classes. This is something that will be handled on-site with the trainer and recorded in the attendance log; please deal with all absences with your trainer as this is not handled through Body Beautiful Boot Camp headquarters.

A demerit will be issued if you do not attend class at least two or three times a week (whatever your minimum is, see rules below) and have not told us you will be away. Demerits will not be issued in the weeks you have listed as being away. Just a quick note on making up classes: you will have the opportunity to make up 3 (6-week program) or 6 (12-week program) missed classes throughout the program. For example, if you are signed up for the Monday/Wednesday 7:30pm classes, you may make up a missed class at 7:30pm on Tuesday or Thursday. You can attend other time slots, but we prefer to keep you with your group. Saturday classes are also available for make-up. If you have any questions, please discuss with your trainer. Please note: Make-ups can be made up at any other location and time slot.

### **Body Beautiful Boot Camp Rules**

Please get to know the Body Beautiful Boot Camp Rules well:

- Never be late.

- Print your cardio log and food log out each week and bring it to your first class of the week.
- Attend fitness class at least two or three times a week (depending on the number of days you are registered to attend)
- Keep a positive attitude toward others in the class.
- Give it your all every day

You'll be signing a contract at orientation to hold yourself accountable to these rules. Breaking each rule more than 3 times will result in suspension from the program. We are serious about your success!

### **Calendar Dates to Know**

Please visit the Calendar page of the Body Beautiful Boot Camp members section of the website for upcoming dates:  
[http://www.bodybyjenn.com/members\\_only/calendar.html](http://www.bodybyjenn.com/members_only/calendar.html)

Again, welcome to our program and we look forward to seeing you at orientation!

**Jennifer Gray**  
**Founder, Body Beautiful Boot Camp**  
**248-761-2321**