



GET IN SHAPE FAST!

Make the Boot Camp commitment and see results:

- > A personal coach to guide you every step of the way.
- > Achieve your goals while having fun in a small group setting (max 15 people).
- > Unlimited classes at no additional cost- up to 27 classes a week to choose from.
- > \$199 month for members / \$299 month for non-members.

JOEL WEINSTEIN

Master Trainer | NASM | CPT

Starting February 1st

One Month Sessions

Monday - Friday

6:00 a.m. - 6:45 a.m.



THE CLUB AT
**Allegria
Spa**
PARK HYATT BEAVER CREEK®

< FAQs
ON BACK

970-827-6704

www.allegriaspa.com/fitness.asp

FAQ's

What is boot camp at The Club at Allegria?

It's small group, personalized coaching that will help you lose weight or reach the fitness goal for which you have strived, but never reached.

Who can do boot camp?

Men and women, 16 years and older, members and non members. Just about anyone without a major injury can join. If you do have injuries, a targeted, private class is recommended for your success.

What types of exercises will we be doing?

This is a high energy class that uses both body weight and added resistance: dumbbells, med balls, bands, kettle bells etc.

What support will I be given?

Nutritional guidance, motivational support and semi-private coaching.

Are there any perks?

You will have unlimited access to other group classes, including yoga, pilates, stretching and spinning. The locker rooms include steam and sauna rooms. You will also receive two complimentary passes a month to Aqua Sanitas, our renowned water sanctuary within Allegria Spa.

Do I have to commit to a month?

Yes. If you are serious about getting in shape then you have to realize that it is a journey. You will not change your body in a week. It usually takes a minimum of 4 weeks of proper coaching for your body to change.

Will the class sell out?

It has in the past. We will have a waiting list and call people as spaces becomes available.

When does it end?

The classes will rollover month to month. You can stay as long as you want to achieve your goal. Your account will automatically be billed monthly for \$199 or \$299. Cancellations require a two week notice, or a full billing cycle will occur.

Do I have to wait until the beginning of the month to begin?

The best time to get started is now. We will prorate the month based on your start date.

I look forward to getting you started,
Joel Weinstein
The Club at Allegria Spa