

Boot Camp 2009 - Session Instructions

“How it Works”

Date: June 12, 2009

To: Executive Staff, **Fitness Staff, Boot Camp Instructors- Anchorage Only**

From: Debbie Ceden

Boot Camp Instructors: Please follow the instructions below to ensure we are tracking Boot Camp participation accurately.

1. At the beginning of each class, stand at the door and welcome participants to ensure that each person signs the attached sign-in sheet.
2. Ask each participant if they are registered for Boot Camp or if they are redeeming one of the three-day free trial. If they are redeeming a pass, sign and date the pass.
3. If there are three dates and signatures on the pass, collect the pass and staple it to the sign-in sheet. Ask the person if they are interested in registering for Boot Camp after class. If the participant is interested in registering, please provide them with the following registration information:
 - A: Members:
 1. Online at www.thealaskaclub.com/bootcamp
 2. Call Kari Parrish at 330-0150
 3. At any club Front Desk
 - B: Nonmembers:
 1. Online at www.thealaskaclub.com/bootcamp
 2. Call Kari Parrish at 330-0150
 3. At any club Membership Department
4. At the end of each class file your sign-in sheet in the personal training binder located at your club.
5. Sign-in sheets will be collected by Karianne and participants will be cross checked for payment.
6. If a member or nonmember walks in to a Boot Camp session with no pass, please welcome and encourage them to participate. Make sure to have the person sign in so usage can be cross referenced with other session days and locations. In addition, please give them a pass from the Fitness Programming book at the West and South front desks. This will allow us to track their 3-day free trial.

Questions: Call Debbie Ceden at 264-2729



Frequently Asked Questions

Q: When do the Boot Camp sessions begin?

A: June 15, 2009

Q: When and where are the Boot Camp sessions?

A: Boot Camp will take place at West and South locations

West

6:00am Mon/Wed, gym

6:30pm Mon/Wed, gym

6:00am Tue/Thurs, gym

South

6am Tue/Thurs, Studio 2

Noon Tue/Thurs, Studio 2

7:15pm Tue/Thurs, Studio 2

12:15pm Mon/Wed/Fri, Studio 1

Q: How do people sign up?

A: Members can sign up:

1. Online at www.thealaskaclub.com/bootcamp
2. Call Kari Parrish at 330-0150
3. At any club Front Desk

Nonmembers can sign up:

1. Online at www.thealaskaclub.com/bootcamp
2. Call Kari Parrish at 330-0150
3. At any club Membership Department

Q: What is the price?

A: Members \$150 for 8 weeks, Nonmembers \$225 for 8 weeks

Q: How long will The Alaska Club offer the Boot Camp program?

A: This is an ongoing program. Sessions are broken into 8-weeks but participants can sign up at any time.

Q: What does 8-week unlimited access mean?

A: Members and nonmembers can participate in as many Boot Camp classes as they wish during the 8-weeks they are registered for the program. In addition, nonmembers can access all The Alaska Club Gold level facilities during their 8-week sessions.

Q: How will nonmembers access The Alaska Club facilities?

A: Nonmembers will register under a Boot Camp Summer Membership and will receive a member scan card, which will expire on 8/29/09.

Q: Can anyone who is not registered for Boot Camp participate on a walk-in basis?

A: Absolutely. Instructors will welcome anyone who is interested to participate in the Boot Camp class. This is a great opportunity for the instructor to sign a person up for the Boot Camp program.

Q: How do we verify if a person is registered for Boot Camp?

A: Instructors will have sign in sheets for each Boot Camp class. Sign in sheets will be cross referenced by Marketing and Kari Parrish for accuracy.

Q: How does the 3-Day Free Trial pass work?

A: Members and nonmembers will have the opportunity to try Boot Camp for three free sessions before registering. If a nonmember enters a facility with a 3-Day Free Trial Boot Camp pass please welcome them into the club, scan the pass, ask the guest to sign the registry and provide directions on where the Boot Class is being held.

Q: Do Participants have to sign up for a specific class?

A: No. We will ask for preference but encourage participants to go to any class they want. Classes will be filled on a first come-first served basis.

[illegible]

Boot Camp Pass



YOU'RE INVITED
TO TAKE THE

**3 DAY
FREE
TRIAL**



THIS IS WHAT YOU HAVE BEEN WAITING FOR.

**CALL
TO TAKE**

**3
DAY
FREE
TRIAL**

Challenge yourself. Learn to use kettlebells, ropes, bosu balls, and other fun tools for an hour long, total body workout in a motivating group environment.

\$150/MEMBERS \$225/NONMEMBERS
8 WEEKS, UNLIMITED USE
GREAT FOR ALL FITNESS LEVELS

BEGINS JUNE 15
ONGOING SESSIONS AVAILABLE
REGISTER AT
WWW.THEALASKACLUB.COM/BOOTCAMP
OR CALL 330-0150

NAME: _____ EMAIL: _____

This pass is for 3 Boot Camp sessions at The Alaska Club West and South locations. Additional amenities are available at extra cost. Must be 18 years old to redeem this pass. Not redeemable for cash or for current membership dues. Pass expires June 30, 2009. Individuals under the age of 18 must be accompanied by an adult.


THE ALASKA CLUB

SOUTH

TIMES	DAYS
6:00am	T/Th
12:00pm	T/Th
12:15pm	M/W/F
7:15pm	T/Th

WEST

TIMES	DAYS
6:00am	M/W
6:00am	T/Th
6:30pm	M/W

Boot Camp Direct Mail



THE ALASKA CLUB



NOT

YOUR
TRADITIONAL
WORKOUT
ROUTINE






THIS IS WHAT YOU HAVE BEEN WAITING FOR.

TAKE
THE

3

DAY
FREE
TRIAL



THE ALASKA CLUB

Challenge yourself. Learn to use kettlebells, ropes, ball balls, and other fun tools to run, climb, and lift. Total body workout in a motivating group environment.

\$225 8 WEEKS, UNLIMITED USE

GREAT FOR ALL FITNESS LEVELS

BEGINS JUNE 15

MEMBERSHIP NOT REQUIRED

REGISTER AT WWW.THEALASKACLUB.COM/BOOTCAMP OR CALL 330-0150

SOUTH				WEST			
TIME	DAYS	TIME	DAYS	TIME	DAYS	TIME	DAYS
6:00am	T/Th	12:15pm	Th/Fr/F	6:00am	Th/Fr	6:30pm	Th/Fr
12:00pm	T/Th	7:15pm	T/Th	6:00am	T/Th		

NAME: _____

EMAIL: _____

This offer is for 30-day complimentary use of the Alaska Club's fitness and gym facilities. Additional services are available on-site and online. This offer is valid for the first 30 days of membership only. For more information, please contact us at 330-0150. This offer is not available to current members. Members of The Alaska Club receive a discounted rate.

Anchorage West
1400 WEST NORTHERN LIGHTS BLVD.

Anchorage South
10931 O'MALLEY CENTRE DR.

330-0150
WWW.THEALASKACLUB.COM/BOOTCAMP



AUTO 5-DIGIT 92020 1/5

«First» «Last»
or Current Resident
«123 Address»
«City», «ST» «12345»



FIRST CLASS
PAID
Permit #123
New York, NY