## **Boot Camp 2009 - Session Instructions**

# "How it Works"

**Date:** June 12, 2009

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

From: Debbie Cedeno

**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 Cedeno 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 South

6:00am Mon/Wed, gym
6:30pm Mon/Wed, gym
6:00am 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?

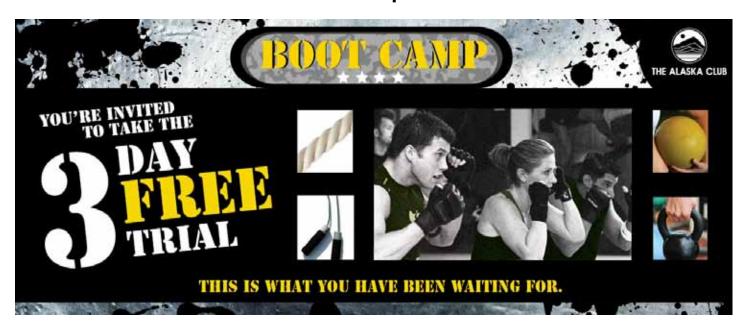
A: No. We will ask for preference but encourage participants to go to any class they want. Classes will be filled on a first come-first served basis.

t Camp Sign-in Sheet		
Boot C	Date: _	Time: _

THE ALASKA CLUB

Location:# of Participants:	LAST NAME	Instructor:	ctor:	NON MEMBER?	FREE TRIAL?	REGISTERED?

## **Boot Camp Pass**





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.

THE ALASKA CLUB

\$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: \_

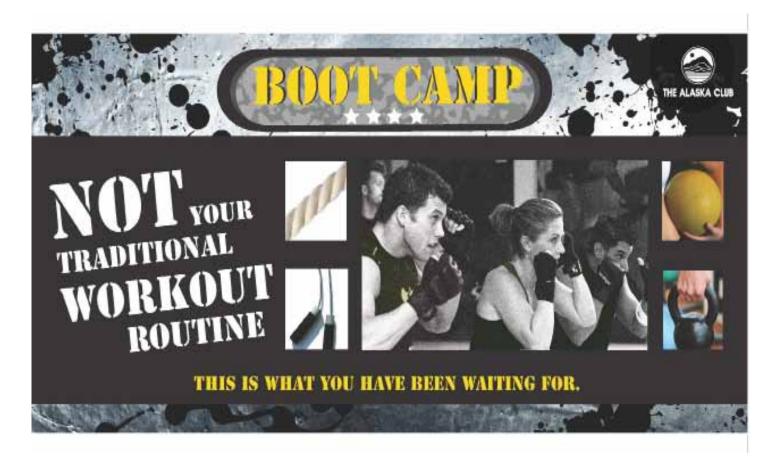
This pass is for X Each Compisessions of the Alaskar Club West and Zouth locations. Additional amends are producted which be 18 years that the redeem Rhis pass. Not resident with the country membership slutes. Pass septies June 30, 2001 individual under the age of 18 must be occompanied by an adult.

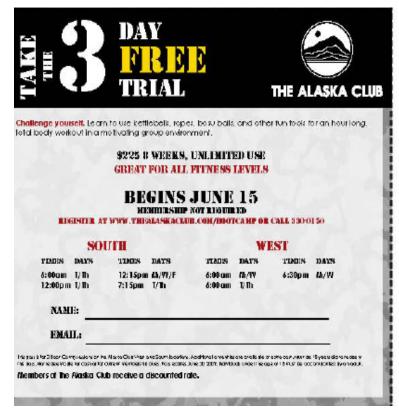
#### THE ALASKA C

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

#### 

## **Boot Camp Direct Mail**





Anchorage West
1400 WEST NORTHERN LIGHTS BLVD.

Anchorage South
10931 O'MALLEY CENTRE DR.

330-0150

UWUWTHEALASKACLUB.COM/BOOTCAMP



#### \*\*\*\*\*AUTO\*\*5-DIGIT 92020 1/5

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

Hardibillion Illiandala baladada bibliad