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What is Bootcamp?

Pyramid Health and Fitness Ltd's Buckinghamshire Bootcamps are four-week exercise and nutrition programmes to help you build muscle, lose fat and significantly increase your level of fitness in just four weeks. If you attend all twelve exercise sessions (three per week) and follow the nutrition plan, we guarantee that you will drop a dress (or jeans) size – and if you don't, we'll give you your money back!

When and where do Bootcamps run?

We currently offer Bootcamps at Hazlemere and Aylesbury.

We have three different Bootcamps at Hazlemere:

- Early mornings, running from 6.15-7.00 a.m. on Mondays, Wednesdays and Fridays
- Mid-mornings, running from 9.45-10.30 a.m. on Mondays, Wednesdays and Thursdays
- Evenings and weekends, running from 7.30-8.15 p.m. on Tuesdays and Thursdays, and from 8.45-9.30 a.m. on Saturday mornings.

All the Hazlemere sessions take place OUTSIDE at Hazlemere Recreation Ground.

Our Aylesbury Bootcamp is an early morning Bootcamp, with sessions running from 6.00-6.45 a.m. on Tuesdays, Thursdays and Fridays. These sessions take place OUTSIDE at Aylesbury Rugby Football Club at Weston Turville.

We hope to be able to increase the number of locations where we offer Bootcamps in 2012.

How much does Bootcamp cost?

We have four different types of Bootcamp package available. All our packages include instructor-led exercise sessions, the nutrition plan, access to an online forum where you can chat and share tips and ideas with other Bootcampers, plus access to as much support and advice as you need to make the most of your time at Bootcamp, maximising your losses (pounds and inches) and gains (muscle and fitness).

Our Bronze and Silver packages apply to our mid-morning Bootcamp only. The Bronze package entitles you to two mid-morning sessions a week during the period of Bootcamp (you choose which sessions), and costs £67.

If you take our Silver package, you attend all three mid-morning sessions each week, at a cost of £79.

Our Gold package applies to our early morning and evening/weekend Bootcamps, covering three sessions a week at a cost of £91. Gold packages also include a free t-shirt, and if you choose our Gold early morning package, you can also attend mid-morning sessions at no extra cost.

If you're looking for a short, sharp shock experience from Bootcamp, then maybe our Platinum package is for you? It includes an early morning Bootcamp and any of the following classes, as often as you like during the course of your Bootcamp:

Monday 6.00pm, Zumba at Manor Farm School, Hazlemere

Monday 7.30pm, Body Blitz, Great Kingshill Village Hall

Tuesday 7.00pm, Boxercise and 8.05pm Zumba, both at Millbrook Combined School in High Wycombe

Thursday 6.45pm, Zumba at Manor Farm School

Saturday 10.05am, Boxercise at Holmer Green Village Centre when a six-week block is running.

Will I be fit enough to attend the sessions and what type of exercises are involved?

The Buckinghamshire Bootcamp has been designed to accommodate men and women of all fitness levels and ages. We start the group workout with a general warm-up which increases in intensity. We then do a combination of resistance and cardiovascular exercises equipment such as weights, resistance bands, skipping ropes, boxing gloves and pads and own body weight. The workouts have

been designed specifically to have a major effect on the body's metabolism, burning more calories, burning body fat and toning up.

Once this part of the workout is completed there is a cool down, followed by a stretch.

What do I need to bring?

As all our Bootcamp sessions take place outside, you'll need to dress appropriately for the weather conditions: wear warm, comfortable layers that you don't mind getting wet or muddy, waterproofs if it's wet (or suncream if we're very lucky in the spring or summer!) and supportive trainers.

We ask that you bring old towels or an old gym mat to lean on for floor/groundwork, as we don't have mats available. We also recommend that you bring a small towel – it can get quite warm out there! – and plenty of water to drink throughout the session.

If you have any medication that helps you during exercise, e.g. asthma inhaler, then please ensure that you bring with you to the sessions.

What does the nutrition plan involve?

The nutrition plan that accompanies the exercise sessions is a very important aspect of Bootcamp. It's not a diet, in the sense that there is no calorie-counting or food-weighing to be done: in fact, you can eat as much as you want, as long as you eat the right foods!

During the Bootcamp, you will cut out from your diet wheat and dairy products, all refined sugar (including honey), caffeine and alcohol.

Instead, you will eat rice, spelt, salads, fruits, vegetables, meat, fish and nuts. We will help you with some recipe ideas, including some that can be adapted to feed the rest of your family, and we regularly post new recipes during the course of the Bootcamp.

It's not all hair shirts and nettle soup, though: after your first two weeks, you are allowed a 'cheat meal' including anything you fancy (but we do recommend that you don't eat too much!).

What happens if the weather is bad?

In the event of unusually bad weather, for example if it's icy underfoot, we try to find an alternative indoor venue rather than cancelling the session altogether. This will normally only affect Bootcamps running during the autumn and winter, and we will always try to let you know at the start of a Bootcamp what contingency arrangements are in place.

What can I expect to achieve?

If you attend all 12 of your Bootcamp sessions and work hard, and follow the nutrition plan, you can fully expect to drop a dress or jeans size in four weeks. We are so confident that you will see this sort of result that if you don't achieve it, we'll give you your money back!

What is the 6-month package?

If you take out a subscription to our 6-month package, then you pay 6 monthly instalments as follows:

Gold - £66 per month

Silver – £54 per month

Bronze - £42 per month

This entitles you to attend six consecutive Bootcamps, and the taster weeks that fall between Bootcamps.

Can I try before I buy?

YES!

We run regular 'taster weeks', which you can attend completely free of charge to help you decide whether a full Bootcamp would be right for you. A taster week includes three exercise sessions, and by attending all three, you should get a really good feel for what's involved, and what you might be able to achieve by the end of a full Bootcamp.

Email us at info@pyramidfitness.co.uk for the dates of our next taster week.

How do I sign up?

To sign up for a free taster week, please email us at info@pyramidfitness.co.uk.

For a four-week Bootcamp, you can register and pay online via PayPal: go to our website at www.buckinghamshirebootcamp.co.uk, scroll down to the bottom of the home page and select the 'Buy Now' button corresponding to your chosen package option.

If you would like to book but don't have a PayPal account, please contact us for details of how to pay.

Can I sign up with a friend?

Yes, of course!

We run an ongoing promotion with Buckinghamshire Bootcamp after you have attended your first Bootcamp.

Sign up with 1 friend and you pay half price for your Bootcamp.

Sign up with 2 friends and your Bootcamp is FREE!

All we ask is that your friend(s) sign(s) up for the same package as you (e.g. if you are attending twice a week, they also must attend twice a week, etc). They can be friends who have attended our other classes before, but have not previously attended one of our Bootcamps. Also, you can't use the same friends twice, so once they have attended one Bootcamp, you will need to find different friends the next time to take advantage of the promotion again!

Can I 'mix and match' sessions from morning and evening Bootcamps?

During taster weeks, it may be possible to combine morning and evening sessions, subject to numbers – please ask.

However, we are sorry that it is not possible for you to mix your sessions during the four-week Bootcamp. If you take out a Gold early morning or evening package, though, it automatically includes the mid-morning Hazlemere sessions as well.

What happens if I miss a session?

If you miss a session and are booked on the Gold and Platinum packages, you also have access to all of the mid morning sessions, so you can make up sessions that way. You can also make up any missed sessions by attending the sessions at one of our FREE TASTER WEEKS that are run every 4 weeks, early mornings and mid mornings.

Please note that missed sessions must be made up during the 4 week block you are booked on, they cannot be carried over.