

BOOTCAMP-NEW YORK CITY

IMPORTANT INFORMATION REGARDING YOUR CLASS

- YOU NEED TO ARRIVE NO LATER THAN 4:45 am ON MONDAY
- BRING A 32 OZ WATER BOTTLE FILLED WITH WATER
- A UNIFORM T-SHIRT WILL BE ISSUED TO YOU. YOU MUST WEAR THIS SHIRT EVERYDAY. IF YOU CHOOSE TO DO SO, YOU MAY PURCHASE AN EXTRA ONE TO CUT DOWN ON WASHING.
- WEAR NAVY OR BLACK RUNNING PANTS OR SHORTS. DO NOT WEAR WHITE, RED, ETC.
- WEAR RUNNING SHOES (NO CROSS TRAINING, AEROBIC, OR HIKING SHOES WILL BE ALLOWED)
- YOU MUST BRING AN EXERCISE MAT TO CLASS.
- YOU MAY PURCHASE ADDITIONAL GEAR (SEE ATTACHED)

YOU WILL BE TAKING YOUR FITNESS TEST ON THE FIRST FRIDAY (Jumping jacks, Sit-ups, and Push-ups). THIS IS NOT A PASS OR FAIL TEST, ONLY AN INDICATOR OF THE OVERALL FITNESS LEVEL OF THE CLASS

MEETING PLACE: **63rd & 64th West Directly across from the Ethical Culture School. Don't be late!**

PLEASE NOTE YOU MUST PAY IN FULL ASAP

PLEASE CALL THE OFFICE @ 1-877-SEALS-PT FOR PAYMENT

Do not arrive late. Doing so will cause you and your teammates unwelcome surprises.

- Your safety is of utmost importance to us. Do not get out of your vehicle until a group of other new students arrive.
- Hydration is essential. Drink 8-12 glasses of water a day. This will cut down on the soreness & fatigue of you muscles, as well as, keep you from dehydrating.
- It is essential that you stretch throughout the day. Do not stretch cold muscles- warm them up with a walk or a hot bath first.
- Use the chain of command within your class. If you have a question ask a buddy or the class leader.
- If your get injured contact your class leader & contact our office immediately.

Remember this acronym to assist you in making it to graduation, **TEAM:**

Teamwork

Effort

Attitude

Motivation

We aren't concerned with what you can't do – only with what you can!

Please fax forms back to 1-866-773-5221.

Note: All sales are final. If you need to reschedule for any reason contact the office at 281-471-4977 as soon as possible.