

Frequently Asked Questions



What is All About You! Wellness Boot Camp?

First of all we are NOT a military-style boot camp with drill sergeants who yell at you and push you beyond your physical limits. Rather, as a *Wellness Boot Camp*, we nurture all aspects of your well-being: body, mind and spirit. Our program will challenge you at your current fitness level so that you can make steady, sustainable progress toward ever greater fitness goals.

Why is All About You! Wellness Boot Camp better than a gym?

At AAY! Boot Camp, you won't waste time wandering around, waiting for a treadmill or deciding which muscles to work. You just show up and we take care of the rest. We make certain that throughout your session you are actually working toward your fitness goals. Each week, you will get all the cardio, strength training and nutritional guidance you need to attain fast results.

Our fitness programs rotate to ensure progress and to avoid boredom. Expert trainers give personal attention to each member, assuring proper form and alignment. We also check attendance daily and personally call all no-shows.

Why is this better than a personal trainer?

Most people hire a trainer 1-3 days a week. The rest of the time they are on their own with no support. At AAY! Boot Camp, you can attend six days a week for personal attention, consistency and maximum results!

Research also indicates that individuals exercising as part of a group are more motivated, promoting long-term success. Our leaders foster a sense of community spirit and camaraderie within the group, creating an environment of support and encouragement.

What makes AAY! different from other boot camp programs?

As our name says it all: ALL ABOUT YOU! Everything is geared toward YOU as an individual. We accommodate members of all fitness levels, because we always give modifications for beginners as well as for advanced members. We also give options for high-impact as well as low-impact exercises. We know who you are personally, what your goals are and how to get you there.

Our boot camp program is also unique because we are not focused only on the physical aspect of fitness. We understand that to achieve your goals, especially if they involve weight loss, we must address your mind and spirit as well as your body. Therefore, we incorporate mind-body disciplines such as yoga, Pilates, tai chi and meditation into the cool-down portions of our programs. We also conduct seminars and workshops on nutrition and weight loss to help you succeed.

How quickly will I see results?

Performance improvement can take place in as little as three days. Within a week of AAY! Boot Camp, you will feel healthier, more energetic and more confident. Most of our members lose weight, inches and body fat percentage within the first four weeks. But remember, everyone is different. Your results will depend on your starting point, your goals, and your commitment to both the exercise and nutrition portions of the program.

Is there a “diet” with this program?

No. Instead, we help individuals establish healthy eating habits for life. We calculate recommended caloric intake and give you a food journal. Based on your entries, lifestyle, goals and food preferences we make suggestions to improve. We also provide easy, healthy recipes in our newsletter.

It's hard to stay committed to fitness, how do members stay on track?

At AAY! you receive a thorough in-take interview and personal program binder. We determine your goals, obstacles and create a plan specific to you. Then we record your progress by fitness testing, body composition and the scale. The scale is only one measure, at AAY! we evaluate how you are improving in all areas... and that's motivating!

If I haven't exercised recently, should I get in shape before I join?

No. AAY! will help you get in shape with quicker and better results than doing it on your own. There is no need to be intimidated since our trainers will watch you carefully to make sure you are working at your own level.

What kinds of people go to AAY!?

AAY! is for everyone. We have members of all ages and fitness levels. We have teenagers who are getting in shape for team sports, college students trying to stay in shape after high school, athletes trying to improve their performance for a competition, members in their 40s who need a little push with their fitness and wellness, and those in their 60s who want to live a long and healthy life.

Can I join anytime?

Yes. AAY! is an ongoing program, so you don't need to wait for a specific start date.

What do I need to bring to class?

Bring a water bottle and an exercise mat everyday. On some strength training days, you will also need dumbbells. Your boot camp leaders will let you know when you need them and what size dumbbells you will need. You will also need to bring your AAY! Boot Camp Binder with you everyday.

What if I sign up and then I get sick or have to go out of town?

As long as you inform your boot camp leader in advance, we can put your program on hold for you. You must call before the start of the next class you are scheduled to attend in order to receive credit.

Is there an age limit to join?

You must be at least 13 years old to join. There is no upper age limit; however, we may need a physician's clearance if you have certain medical conditions.

When I sign up, am I restricted to certain days and times?

No. Our UNLIMITED package allows you to attend any class, 6 days a week. You can choose to attend any class that fits your schedule, so it's ok to alternate between morning and evening classes. With our 10-SESSION package, you are also allowed to attend any class.

How do I sign up?

Call 818-437-5523 to reserve your space. You can pay over the phone or when you attend your first class.

What methods of payment are accepted?

We accept cash, check, Visa and MasterCard.