

TOP 10 REASONS TO JOIN BURN

10

UNIVERSAL MEMBERSHIP

With almost 300 locations, members can "feel the burn" across the nation. Joining Burn Boot Camp gives you a community that reaches far beyond your local gym.

09

FLOATING FLOOR

We've outfitted every location with floating floors. These are low impact on the joints to help take the pressure off!

08

RESOURCES AT YOUR FINGERTIPS

We want to make sure you have everything you need to create a healthy lifestyle inside and outside of the gym! Members have free access to at-home workouts, recipes, nutrition tips & tricks, and more!

07

BURN NUTRITION

A huge part of exercise is nutrition. We believe in a whole-food focused approach to nutrition and have developed all-natural pre-workout & protein supplements to help fuel your workouts!

06

FREE CHILDWATCH

We know it's important to get some "me" time. That's why we offer complimentary childwatch. If you need it, it's free!

05

HEART-POUNDING WEEKLY PROTOCOL

You will never find yourself doing the same workout twice! Our trainers will give you a mix of targeted workouts, including athletic conditioning, arms, back, core, legs, plyometrics and high-intensity interval training, to keep your body moving.

04

FOCUS MEETINGS

We want to help you set goals and then smash them! Focus meetings are your one-on-one time for us to get to know you better and help you succeed.

03

FLEXIBLE CAMP TIMES

As a member, you can enjoy unlimited workouts, with a flexible schedule. We are ready for you to come get your sweat on!

02

COMMUNITY OF LIKE-MINDED WOMEN AND MEN

When you walk into a Burn Boot Camp we want you to feel like you are home. Get ready for new friendships, accountability partners and unlimited support.

01

CERTIFIED TRAINERS

This is your gym and your trainers are going to make sure you are getting the most out of your workout, every single time.

Burn Boot Camp is a lifestyle fitness facility that inspires, empowers, and transforms lives within our community. We provide the mindset and positive environment for our members to encourage and motivate one another to get better every day. Our clients experience a high-energy 45-minute workout that is progressively challenging and never the same. Our FREE childwatch allows members to focus on themselves.

How to Book a Camp:

1. Download & Open the Burn Boot Camp app
2. Choose the correct location option
3. Click Menu > Camps
4. Click on the camp time you want to book
5. Click book camp
6. You're in!

How to Cancel a Camp:

1. Go to your scheduled camp time OR "My Camps"
 2. Click yes under "Do you want to Cancel?" Prompt
- *Please cancel no less than 60 minutes prior to your camp time beginning to allow any members on the wait list to schedule accordingly.*

**Reserving space will come on a first-come, first-serve basis and will only be available to active members and trial members.*

burn boot camp®



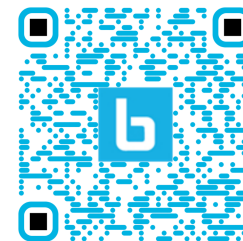
WHAT IS INCLUDED IN YOUR MEMBERSHIP?

- Unlimited 45-minute camps per week!
- **FREE CHILDWATCH** available at select camps.
- Personalized nutritional counseling for a whole body and lifestyle change.
- **FREE** focus meetings to give you even more one-on-one time with your trainer.
- Your trainer is the **BEST of the BEST** as they are required to be certified.
- Unique and challenging workouts: no two are exactly the same. (Check out our workouts on the weekly protocol, released every Sunday via social media.)

*Monthly and paid in full membership options.
Speak with a Burn Ambassador for full details!*

WEEKLY CAMP TIMES:

AM & PM CAMP TIMES AVAILABLE



**Scan QR code with cell phone camera.
It will take you to our website where you can find camp time information.*

- Burnbootcampbearcreekco
- @burnbootcampbearcreekco
- bearcreekco@burnbootcamp.com

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FIVE THINGS YOU NEED TO KNOW



YOU WILL HEAR YOUR NAME

When you're jumping down into a squat and you hear your name called out, don't be alarmed! You might be new, but you aren't in trouble. Our trainers are here to push you when you need to be pushed and motivate you to reach your utmost potential. They want to get to know you so they can help you reach your goals and solidify your strengths. It's a relationship that will only make you better! Think of it as a term of endearment. You'll learn to love it!



YOU WILL MEET NEW FRIENDS

Even if you're new, we can guarantee you'll be headed home knowing at least one other member. You aren't going to be working out by yourself, that's why we call ourselves a community! This isn't like when you go to the gym and stroll on a treadmill for 45 minutes. Burn Boot Camp is about interaction. Your camp is your team. You are working together as a whole, encouraging each other to improve. You aren't alone in this!



YOU WILL BE SORE

No matter how many times you attend camp, if you're doing the exercises with correct form, you will be sore the next day. Ask the veterans! It's about challenging your body. If you want to build muscle and gain strength, you can't stick with the same routine. When you come to Burn, each day you should push yourself harder than the one before. Our workouts are organized so that you never do the same thing twice! Your sore muscles will go back to normal, but the results will stay!



YOU WILL HEAR TERMS YOU DON'T UNDERSTAND

Exercises such as "grasshopper burpees, green bays, and med-ball jacks" don't fall into your list of ordinary workout terminology. Sprint, jump, lunge, those are more common! When you come to camp, there may be a few words that sound intimidating, but luckily, we are here to help. Not only will your trainer walk you through each workout and explain the movement, but you'll also be able to ask your peers for help. You'll be able voice any questions or concerns you have with an immediate response. Don't be embarrassed, we're all learning!



YOU WILL BE INSPIRED TO COMMIT

Burn Boot Camp workouts aren't easy. If they were easy, do you think peoples' lives would be transformed? Do you think that change would occur? When you're standing in the middle of camp and sweat is dripping down your face, you'll feel ready to give up... but you won't. You'll look up at the inspiration all around the room, pictures of transformations stories and signs that remind you what you're capable of, and you'll remember why you started.

burn boot camp®

Bear Creek, CO

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