



PWB FAQ

What can I expect from a bootcamp session?

A fun, hard work but rewarding 45minutes of cardio, body weight and kettle bells exercises.

What should I wear?

Wear something you can move and stretch easily in, avoid restrictive and tight clothing as you won't be comfortable. Wear trainers with full support, no trendy converse here thank you! Also bear in mind you are outside so it's not a time to wear your brand new leggings, you may get them muddy!

What should I bring with me?

Just yourself, water and a mat

Is there anything I should do before my first class?

Please complete a health questionnaire [here](#) and let us know when you're doing for your free trial session by booking it here: www.paddockwoodbootcamp.com/book-online

Will I be ok if I'm a beginner or returning to exercise?

Yes! It's important to go at your own pace and we pride ourselves on being a very non-competitive group. Everyone that attends are there for different reasons and we all work together to have a fun but challenging session.

What if I'm late?

If you are late to a session you would have missed the warm up and we can't be held accountable if you are injured. The instructor may ask you to complete a warm up before joining the main session.

Should I eat before a class?

It's advisable to eat something about an hour to an hour and a half. This could be a banana, a slice of toast, snack bar.

How much is a membership?

How many sessions you attend a week dictates how much you pay:

1 session a week for £29/month

2 sessions a week for £45/month

3 sessions a week for £57/month

4 sessions a week for £65/month

You can also pay as you go at £10 per session. It's much cheaper to pay monthly!

How do I sign up?

Please head to the website: www.paddockwoodbootcamp.com and scroll to the membership options. Then follow the paypal link to sign up to monthly payment.