

2012 TTN F.I.T. Camp FAQs

1. When are the 2012 F.I.T. Camps?

- Visit our website for details and descriptions of each F.I.T. Camp.
- Each one of our 6-week long F.I.T. Camps targets a specific goal that is difficult to find consistency in and show results: core strength, fat loss, nutrition, sculpting and metabolic conditioning.

2. Where do I sign up?

You can sign up in person at an Orientation held at the TTN Studio location (Dates TBD): 5511-A SW Hood Ave., Portland, OR 97239 or you can download forms from our website: www.therapeutictrainers.com and email them back to us OR bring them to Orientation.

3. How much does it cost?

\$175 per month when you sign up for our year-round F.I.T. Camp program (monthly pre-payment agreement required). Eight-session punch cards are also available for \$150. **Punch card only applies to one F.I.T. Camp – sessions may not be transferred to another F.I.T. Camp if not used.**

4. What time and days are the F.I.T. Camp sessions?

Mon/Wed/Fri at 10am, Mon/Wed at 6:30pm, and Tue/Thu at 5:30pm. You can attend up to 4 sessions per week.

5. What if I sign up and find out I don't like F.I.T. Camp?

We guarantee that you will be addicted to working out and will start seeing results after the first week. If you don't like it we will refund your money and you can be on your way.

6. Where are the sessions going to be held?

Sessions are held at the TTN Studio location (unless otherwise specified by your trainer).

7. What do I need to bring to each session?

Just bring your water bottle, exercise gloves, and yourself ready to sweat and have FUN.

8. What if I have any injuries or limitations?

You need to consult with your doctor and/or physician before starting F.I.T. Camp. You also need to consult with our trainers before starting F.I.T. Camp for possible assessment.

9. When is F.I.T. Camp Orientation?

T.B.D.