



## The next steps

**1** You first need to set up an account so that we can add your purchased sessions to your account and you can sign up for Red Rocks workout sessions. To do this, please follow this link- [Account Registration](#).

\*Please note- If you purchased your sessions under a name other than the name you use to set up your account, then you will need to email us the following information;

- If you purchased through a deal site like Groupon- **your voucher number**
- If you purchased directly from us- **the name on the credit card you used**
- **Exactly what you purchased** (5 sessions, 10 sessions or a Season Pass)
- **The name it was purchased under**

Send this information to [redrocks@getstrongdenver.com](mailto:redrocks@getstrongdenver.com) *only if your account name differs from the name on the purchase*. If both names are the same, then you don't have to do anything.

**2** After your account is created, you will receive an email within 48 hours letting you know that your account has been completed and you can begin to schedule your workouts.

**3** At that point you can log in to your account and schedule your sessions via our online calendar by selecting the "Sign up" button on the sessions you would like to come to. Here is the link- [Schedule](#)

**\*\*VERY IMPORTANT\*\*** You must sign up for each session ahead of time in order to attend the workout.

The calendar can also be accessed through the link on our website in the lower right corner of each page and is titled "Online Appointment Schedule".

You can sign up for workouts up to two months in advance, but we ask as a courtesy to your fellow attendees, that you remove yourself as soon as you know you won't be coming to the workout. There is a limit on how many people can attend, so it is very important to sign up ahead of time as we do regularly reach our participant limits in the early season.

## Cancellations

We require 12 hours advance notice to cancel your scheduled workout or the session will be automatically deducted from your account. In the event of bad weather, the workout will be canceled and your account will not be deducted.

Please check the schedule or your email inbox before leaving the house to be sure the workout has not been cancelled at the last minute. We may wait until as late as 7:15am to cancel an 8am appointment, or 8:15 for a 9am start time.

## You will always get in

We have a very popular group and the class fills up in the spring and early summer. Please know that we have always been able to get everyone into the workout each week. If you can't get onto the regular list for a workout, then put yourself onto the waitlist. We *always* move the entire waitlist into the session each week, and getting on the wait list is just as good as getting into the session.

When we have two workouts, the 8am session will fill up before the 9:30. If the 8am waitlist is full, you will be able to get onto the 9:30 waitlist. Our busy season is late May through June. After June it's quite easy to get into any workout.

You can schedule your workouts up to a month in advance, but it is *VERY IMPORTANT* that you remove yourself from the schedule as soon as you know that you can't come to a workout. This is a courtesy to your fellow participants as it will allow someone else to take your spot.

## Absents

Some people have asked why they were marked absent in their account for workouts they attended. This is a feature of the schedule software that we don't use. We can't check people in online when we are at Red Rocks, so we use a paper sign in sheet. The schedule confirmation email that says you will be charged \$20 if you are absent is referring to our semi-private personal training sessions in the studio, not the Red Rocks Boot Camp workouts. Please note that if you don't remove yourself from a workout within 12 hours of your start time, your account will still be deducted for that session.

## Meeting place and time

We hold 90 minute workouts at Red Rocks every Saturday from April through October. We meet in the back of the upper south parking lot, and [we start on time](#). If you are late, it may be difficult to find us, so please arrive early to sign in. [Here is a map of Red Rocks parking areas](#).

During the summer, the amphitheater may be closed until 8:15am. During this time you will not be able to walk through the amphitheater to get to the upper South lot. You will need to park in the upper South lot to gain access to the meeting place before 8:30.

If you are attending a 9:30 workout on a day when we also have an 8am workout, please look for the paper sign in sheet at the meeting spot, find your name on the list, and sign yourself in. The trainer will be finishing with the earlier group and has to start the next session immediately, so it's important that everyone is signed in and ready to go on time.

## What to bring

Dress in layers in the early and late season. Things will heat up pretty quickly, so make your bottom layer light. Bring a full water bottle (or two on the hotter days) and wear sunscreen. Wear supportive shoes that are in good condition. We recommend cross trainers. It's a good idea to wear cycling or work gloves, as your hands will often be on the ground.

Complimentary Larabars will be provided at our break at the one hour mark, but please bring your own snack if you don't want a Larabar. **EAT BREAKFAST!** If you come on an empty stomach, you will be miserable. If you are managing your blood sugar, please bring juice. If you have asthma, please bring your inhaler. If you have severe allergies to insect stings, etc, please bring your EpiPen.

We will be leaving our things on the side of the parking lot and will be away from them for extended periods of time. Please leave your valuables in your car and don't leave anything in the parking lot that you value.

## Weight Loss

Many people have a weight loss goal when they begin exercising. What most people don't realize is that just starting a workout program is not enough to lose weight. On the "Member Support" page of our website you find our weight loss guidelines that you can download. Here is a link- [Weight Loss Guidelines](#).

By following these simple guidelines, you can lose as much weight as you like. There are no secrets here, just simple calorie reduction and food journaling. This is the *right way* to lose weight and has the highest success rate of any weight loss method or program, so if you are done with diets and diet products, then you may be ready to lose weight the right way.

We are always available via email to enthusiastically answer your weight loss and fitness related questions.

If you have any additional questions, please email [neil@getstrongdenver.com](mailto:neil@getstrongdenver.com) See you soon!