

## Frequently Asked Questions

### What is Buggy Bootcamp?

CIA's Buggy Bootcamp is a total fitness program for moms and their babies or toddlers. It includes power walking and jogging as well as intervals of body toning and stretching using body weight, resistant equipment, and buggies (strollers). It's a great workout for any level of exerciser. Please get doctor's permission before starting this or any other exercise.

### How do I start?

Come to the FREE trial class and sign up then. Arrive at all classes at least 10 minutes before start time. We leave promptly at start time and wouldn't want to leave anyone behind.

### What do I need?

You, your baby and the stroller. Just about any kind of stroller will do so long as it's not prone to tipping. We also suggest you bring WATER, a hat or sunblock for both you and your baby, and a towel or mat for our ground exercises.

### Who can I call?

Call us at 550-1304 or email us at [info@ciabootcamp.com](mailto:info@ciabootcamp.com) for more information.

### What can I expect when we meet?

Each class is 1-hour long and consists of a warm up, a power walk/jog and "stations" where we do a variety of body toning exercises.

### I can only get to class once a week. Is that enough?

Come whenever you can. If you can only make it once a week, then try some of the exercises at home on your own. The key to getting back in shape and staying in shape is consistency. It doesn't take much so long as you stick with it!

### What if the weather is bad? How do I know if class is cancelled?

Classes are cancelled in severe or unsafe weather.

### How old does my baby have to be?

We recommend waiting until your baby is at least 6 weeks of age to begin class. They can take classes up to any age so long as they still enjoy a ride in the stroller.

### What do I do if my baby gets fussy?

Our first priority is the happiness of your baby. Tend to your baby first. Because we stop every few minutes for body toning, you can always catch up with us if you get behind. If your baby ever fusses so much that you miss a class, we will happily credit you another class. Our instructors will do their very best to make the class enjoyable for both you and your baby!