



Hello,

Welcome to House of Air Bootcamp! Congratulations on registering and taking the first step in reaching your fitness goals. House of Air Bootcamp is an indoor/outdoor workout that takes place on the trampolines and outdoors along beautiful Crissy Field. We are so excited that you have chosen to join House of Air in this fun co-ed fitness Bootcamp experience! Expect to be challenged, push yourself harder than you do on your own, and have fun while reaching your fitness goals. We will be jumping, running, and toning our bodies into the best shape ever! Our Bootcamp Coach, Michael Krick, is an experienced coach, and NSCA Certified Strength & Conditioning Coach, and holds a degree in Kinesiology.

Check out our site: [www.houseofair.com/programs/workout/bootcamp](http://www.houseofair.com/programs/workout/bootcamp)  
For additional questions after reading this letter, email [info@houseofair.com](mailto:info@houseofair.com)  
Must sign waiver before first session by visiting: [www.houseofair.com/waiver](http://www.houseofair.com/waiver)

### **Where do we meet?**

House of Air  
926 Old Mason Street  
San Francisco, CA 94129

House of Air is located along West Crissy Field in The Presidio of San Francisco

### **What times do we start/stop?**

- It is very important that you are strictly on time to ensure proper time for warm up trampoline exercises.
- We finish promptly at the end of 50 minutes and offer full locker rooms with showers and a café with coffee and healthy snacks.

### **What should I bring?**

- Exercise Readiness Questionnaire (*located at the bottom of this letter – please print, fill out, and bring to the first day of Bootcamp*)
- Water bottle
- Warm Clothing with layers
- Workout shoes
- Gloves (you will be putting your hands on the ground for some exercises)
- Something to keep your calves warm
- Warm Head Gear (beanie, etc)
- House of Air Grip Socks (shoes not allowed on trampolines) – Socks are available for purchase for \$2 at House of Air and are yours to keep
- **Do not bring** valuables. Cubby Lockers are available, but please leave valuables at home. House of Air is not responsible for lost or stolen items.

### **Bring a Friend**

- Every enrolled participant is allowed to bring a friend for free during the 6-week Bootcamp series.
- May bring a friend only if space is available, and must reserve space beforehand by contacting House of Air at 415-345-9675 – space not guaranteed until reservation is made.
- First time participants only – one time per new participant only.

### **Refund & Make-Up Policy**

- Purchases are non-refundable, non-transferable, and do not roll over.
- Sessions expire 6 weeks following the start date of the Bootcamp session.
- Certain conditions and exceptions apply. Session expiration dates may be extended at the sole discretion of House of Air.
- **Make-Ups** – Participants may make up one (1) class during the 6-week series, if space is available in a make-up session. Make Ups must be reserved in advance by calling 415-345-9675 or emailing [info@houseofair.com](mailto:info@houseofair.com) and receiving make-up reservation confirmation. Make Ups do not roll over to future 6-week series.



PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

Name: \_\_\_\_\_  
**Please Print (Last) (First) (Middle)**

Email: \_\_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Gender:  M  F

| Yes | No |   |
|-----|----|---|
|     |    | Has your Doctor ever said that you have a heart condition <b>and</b> that you should only do physical activity recommended by a doctor? |
|     |    | Do you feel pain in your chest when you do physical activity?   |
|     |    | In the past month, have you had chest pain when you were not doing physical activity?   |
|     |    | Do you lose your balance because of dizziness or do you ever lose consciousness?  |
|     |    | Do you have a bone or joint problem that could be made worse by a change in your physical activity?                                     |
|     |    | Is your doctor currently prescribing drugs (for example, water pills; beta blockers) for your blood pressure or heart condition?        |
|     |    | Do you know of any other reason why you should not do physical activity?  |
|     |    | Do you have any additional physical limitations or pains during exercise?   |

Note:

1. If you are pregnant, you are advised to consult with your physician. Trampoline Jumping is not advised during pregnancy.
2. If there are any changes in your status relative to the above questions, please bring this information to the immediate attention of your coach.

Please list your fitness goals below:

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***I am joining House of Air Bootcamp voluntarily. I understand that exercise and trampoline jumping are physical activities with a risk of injury. I agree to indemnify and hold harmless House of Air and their respective officers, employees and agents from any claim, damage, injury or illness, of whatever kind or nature.***

Signature: \_\_\_\_\_ Date: \_\_\_\_\_