

# Jump Start Your Fitness

A program designed to help members receive a personal exercise routine in order to see results. Sessions must be made by appointment and will last 30 minutes. Please visit the front desk to book your appointment.

## Session 1: Consultation

Discuss your fitness evaluation and routine with the Personal Trainer. You will review your health history, nutritional habits and measurements and fitness assessments will be taken for motivation and result tracking. After reviewing the information and discussing your goals, the trainer will customize a program that best fits your needs. You'll be introduced to your cardiovascular programming and learn how to use various pieces of cardio equipment such as treadmills, ellipticals, or bikes.



## Session 2: Program Design

During your second appointment your trainer will guide you through a full body workout tailored for your goals and needs. You will receive a program card that will detail every exercise you learn along with the proper seat and weight adjustments. During this appointment you will have a chance to have all your questions answered regarding health and fitness. At the end of the session your trainer will show you where you can keep your program card filed in the fitness center for your future workouts. Remember, consistency is the key to success!

## Session 3: Personal Training Workout

After completing your first two sessions you will receive a FREE Personal Training workout. Your Trainer now has the knowledge of your needs, abilities, and goals and will coach you through a dynamic workout that will take you to the next level! You will have a chance to review your form and knowledge while getting reenergized and motivated. You must complete the first two sessions in order to receive the free Personal Training session. Don't miss out on this great opportunity!

