

WHAT TO EXPECT AT YOUR TRY TRAINING SESSSION…

Before session:

* Make a list of any current / previous health conditions
* Create a log of your current dietary intake
* Make a list of any medications and supplements that you are currently using
* Make a list of any questions you may have before starting your fitness journey

Day of session:

* Wear comfortable fitness clothing
* Wear tennis shoes or sneakers. Avoid any footwear that has air bubbles or are uneven to walk in
* Wear your Fitbit or heart rate monitor if you have one
* Bring a water bottle and hand towel
* Have a light healthy snack about 30 minutes prior to your session (banana, apple, berries)
* Be well hydrated



WHAT TO EXPECT AT YOUR TRY TRAINING SESSION…

Session 1 arrival:

* Enter gym through the Lindbergh entrance to meet your trainer (5900 N. Lindbergh BLVD. Hazelwood, MO 63042)
* Trainer will give you a gym tour
* Fill out health assessment questionnaire
* Sit down consultation with trainer to discuss health assessment and discuss fitness goals
* Fitness assessment (movement assessments, muscular endurance, muscular strength, flexibility & range of motion and cardiovascular health)
* Schedule session 2

Session 2 arrival:

* Enter gym through the Lindbergh entrance to meet your trainer (5900 N. Lindbergh BLVD. Hazelwood, MO 63042
* Warmup for session 2 workout in cardio room
* Fitness assessment continued (machine work and movement assessment continuation)
* Discuss program ideas for how to reach your goals and services that fit into your lifestyle
* Share training packages within your budget and get you started