



Why hire a Fitness Professional?

Education:

Education while exercising is important for two primary reasons. First, if you don't know which exercises are most effective for your goals, you are unlikely to achieve them. For example, if your goal is to build core strength but you spend all your time on cardio exercises, you are unlikely to be successful. Second, education is essential in reducing the risk of injury. People are constantly injured by performing exercises incorrectly, and this can impact their health and fitness long term.

Individual Goals and Requirements:

Everybody is unique, and that means everyone's abilities and requirements are different when it comes to a fitness program. This could be anything from having an old injury that requires special exercises, weaknesses and imbalances, to having a phobia that may impact where or how you work out. A Fitness Professional can tailor workouts to fit your exact needs.

Accountability:

How many times have you gone to bed and said to yourself, "Tomorrow I'm going to wake up, go to the gym." Then you decide to sleep for another hour instead? This is where a Fitness Professional is critical to ensuring that you commit and stick to your fitness goals. If you've made an appointment to meet your trainer, you are far more likely to honor your commitment.

Efficiency:

There are two types of people who go to the gym. . . Those who wander in, spend 10 minutes on one machine, then drift slowly over to another. They end with 5 reps of half-hearted bicep curls and walk out. Then there are those who have a plan in mind and attack their workout with a purpose. It's fairly obvious that the first group will not be achieving their fitness goals unless they get some help and have someone to direct them. If you're in the first group, then you should be strongly considering the help of a Fitness Professional.

Custom Plans:

There are always going to be some exercises that you enjoy more than others. For example, just because you can physically do burpees doesn't mean that you always want to. A Fitness Professional will be able to tailor your training plan to suit you and what you enjoy, as well as encourage you to do the exercises that are best to achieve your goals.

They workout around your schedule:

A Fitness Professional understands that flexibility is important, so they will tailor appointment times to suit you.



What to expect during your Strategy Sessions

What is a Strategy Session?

A strategy session is your chance to sit down with one of our Fitness Professionals and learn about our facility, group X classes, and Personal Training. They will listen to your fitness goals, fitness history, and any possible barriers. Together you will come up with an effective strategy to meet and maintain your fitness goals.

Where?

Strategy sessions will be held in the Trainer's office located off of tennis courts 5 & 6.

How long?

Strategy Sessions typically last anywhere between 20-60 minutes.

When?

You are able to schedule a strategy session anytime our fitness professionals have openings in their schedule's.

What to bring?

Questions you have about fitness, the facility, classes, and personal training. Come ready to learn in comfortable workout clothes as you may be doing some exercising.

Why is it important?

The strategy session is a great way to learn about the club and what it has to offer. Our Fitness Professionals are able to tell you about every fitness class offered and what each class entails. They are also able to make suggestions on what classes may fit your interests and fitness goals.

Our Fitness Professionals can also answer any questions you may have regarding personal training. We will walk you through the pricing sheets and what to expect from the training, and you can decide together if it is the right route for you. Even if it is short term, personal training is a great investment. . . We are all better with a coach.